

Rawdacious Key Lime Coconut Cheese Cake

08/19/2013

INGREDIENTS: Cashews, Agave Syrup, Water, Extra Virgin Coconut Oil, Lime Juice, Almonds, Dates, Coconut, Coconut Milk(_____), Soya Lecithin, Vanilla Extract, Sea Salt, Lemon Juice, Vanilla Bean.

Nutrition Facts	
Serving Size 1 slice (168g)	
Servings Per Container 12	
Amount Per Serving	
Calories 640	Calories from Fat 440
% Daily Value*	
Total Fat 49g	75%
Saturated Fat 30g	150%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Potassium 410mg	12%
Total Carbohydrate 45g	15%
Dietary Fiber 4g	16%
Sugars 31g	
Protein 9g	
Vitamin A 0%	• Vitamin C 8%
Calcium 6%	• Iron 20%
Vitamin E 20%	• Thiamin 10%
Phosphorus 35%	• Magnesium 35%
Zinc 15%	• Copper 40%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Potassium	3,500 mg 3,500 mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Contains Soy, Tree Nuts (Cashews, Coconut)

Protein: good source of protein
 Dietary Fiber: good source of dietary fiber
 Potassium: good source of potassium
 Vitamin E - IU: good source of vitamin E
 Vitamin B1: good source of vitamin B1
 Phosphorus: high phosphorous
 Copper: high copper
 Iron: good source of iron
 Magnesium: good source of magnesium
 Zinc: good source of zinc