

Whether you want dessert for breakfast, an afternoon pick-me-up, or something sweet in the middle of the night, a bit of chocolate cake always hits the spot. Now, with CarbRite Diet's™ Mug Cake Mix, you can enjoy a guilt-free delicious treat whenever and wherever your craving strikes.

CarbRite Diet's™ Mug Cake Mix is a microwaveable, convenient, single-serve dessert that is a good source of protein and ready to eat in less than a minute. We use only the finest ingredients without fillers or harmful additives. CarbRite Diet™ makes it easy for you to indulge in a decadent, chocolate cake with 4g of net impact carbs, and most importantly without the hassle of baking from scratch.

Following a carb conscious lifestyle shouldn't mean having to sacrifice flavor or giving up tasty snacks. With CarbRite Diet™, you don't have to. There are good carbs and there are bad carbs—we help you choose the “Rite” ones.

CarbRite Diet™
For carb conscious lifestyles

Find us online:
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#carbriediet



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CarbRite Diet™

For carb conscious lifestyles

Mug Cake Mix

chocolate



Ready in less than 1 minute!

4g NET CARBS

High Fiber | Maltitol Free | Keto Friendly

Dessert Mix | Net Wt. 16.5oz (468g)

Nutrition Facts

Serving Size 1 Chocolate Mug Cake ~2 Heaping Scoops (39g*, 68g**)
Servings Per Container 12

Amount Per Serving	Mix*	Prepared**
Calories	80	155
Calories From Fat	20	90
% Daily Value †		
Total Fat 2g*, 10g**	4%	15%
Saturated Fat 1g*, 6g**	5%	30%
Trans Fat 0g, 0g		
Cholesterol 70mg*, 90mg**	23%	30%
Sodium 190mg*, 250mg**	8%	10%
Potassium 210mg*, 210mg**	6%	6%
Total Carbs 9g*, 9g**	3%	3%
Fiber 5g*, 5g**	20%	20%
Sugars <1g*, <1g**		
Protein 7g*, 7g**	14%	14%
Vitamin A	0%	5%
Vitamin C	0%	0%
Calcium	3%	3%
Iron	7%	7%

*Amount in Mix
**Amount in Chocolate Mug Cake using Basic Recipe
†Percent Daily Values are based on a 2,000 calorie diet.

	2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2400mg	2400mg
Potassium	Less than 3500mg	3500mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Erythritol, whole egg protein, inulin (from chicory root), cocoa, whole wheat flour, whey protein, vital wheat gluten, sodium bicarbonate, artificial vanilla flavor, salt, lecithin. Contains: milk, soy, wheat, & egg.

ALLERGY ALERT: Made in a GMP facility on equipment that processes milk, soy, egg, peanuts, tree nuts, fish, shellfish, and wheat.

Directions for Basic Recipe

- 1 Thoroughly combine 2tsp melted butter, 4tsp water, and 2 heaping scoops of CarbRite Diet™ Mug Cake Mix in a microwaveable mug or container.
- 2 Microwave for approximately 40 seconds at medium high power. ***USE CAUTION, MUG WILL BE HOT!**
- 3 Let cool briefly and enjoy!

*Microwave times might vary according to your individual machine or if you alter the recipe. Oil can be substituted for butter.

4g Net Impact CARBS

Carb Facts
Amount in Prepared Cake

Total Carbs	9g
- Fiber,	5g
= Net Impact Carbs	4g

***For “carb conscious” dieters:**
Each Mug Cake contains 4g of carbs (Net Impact Carbs) that should be counted towards your daily carbohydrate intake. Net Impact Carbs include only those carbs that cause a noted impact on blood sugar. Fiber is excluded.