



Keto Crust - Frequently Asked Questions

Effective Date: 01 January 2022

WHAT ARE THE MAIN INGREDIENTS IN THE KETO CRUST?

Water, organic coconut flour, egg whites, liquid whole eggs, organic pumpkin seed flour, psyllium husk, flax meal, extra virgin olive oil, coconut milk, ground chia, salt, apple cider vinegar, garlic powder, cream of tartar, baking soda, Italian herbs, chicory root, yeast.

IS THE KETO CRUST GLUTEN FREE?

Yes, the crust is gluten free BUT we prepare the crust in the same area as our regular crust pizzas. For customers that are gluten intolerant or allergic to gluten (i.e. have Celiac disease), we offer Cauliflower Crust Pizzas, Gluten-free Pizzas and Gluten-free Brownies.

Disclaimer: Pizza 73 is a restaurant environment and so, we unfortunately cannot guarantee a 100% allergen-free environment.

IS THE KETO CRUST VEGAN?

No – The crust contains eggs (egg whites and liquid whole eggs) so it is NOT vegan.

HOW MANY NET CARBS ARE THERE IN THE KETO CRUST?

4g non-fiber net carbs per crust.

WHAT SIZE DOES KETO CRUST COME IN?

10" crust cut into 6 slices.

IS THERE ANY ADDED SUGAR IN THE CRUST?

There are no (0g) added sugars in the crust.

WHAT ARE THE FAT / PROTEIN / CARB MACROS OF THE CRUST?

Per crust:

- Fat = 33g
- Protein = 25g
- Total Carbohydrates = 32g
- Dietary Fiber = 28g

WHAT IS THE NAME OF THE SUPPLIER OF THE KETO CRUST?

Unbun Foods – unbunfoods.com – is a Toronto based company that specializes in Keto and Paleo-certified, grain-free products.



NUTRITIONAL INFORMATION

KETO PROTEIN LOVERS (Sliced Sausage, Bacon Crumble, Pepperoni)

Each pizza is cut into 6 slices. PER SLICE:

Calories = 210 Cals	Total Carbohydrate = 8 g	Cholesterol = 35 mg
Total Fat = 15 g	Fiber = 5 g	Sodium = 530 mg
Sat. Fat = 5 g	Sugars = 2 g	Calcium = 15 %
Trans Fat = 0.3 g	Protein = 13 g	Iron = 4 %

KETO PESTO PROTEIN POWER (Salami, Bacon Crumble, Pepperoni)

Each pizza is cut into 6 slices. PER SLICE:

Calories = 230 Cals	Total Carbohydrate = 8 g	Cholesterol = 35 mg
Total Fat = 17 g	Fiber = 5 g	Sodium = 420 mg
Sat. Fat = 6 g	Sugars = 1 g	Calcium = 15 %
Trans Fat = 0.3 g	Protein = 13 g	Iron = 4 %

KETO CREAMY GARLIC SAUSAGE & BEEF (Spicy Sausage, Beef Crumble)

Each pizza is cut into 6 slices. PER SLICE:

Calories = 240 Cals	Total Carbohydrate = 7 g	Cholesterol = 30 mg
Total Fat = 20 g	Fiber = 5 g	Sodium = 390 mg
Sat. Fat = 5 g	Sugars = 1 g	Calcium = 15 %
Trans Fat = 0.4 g	Protein = 12 g	Iron = 4 %