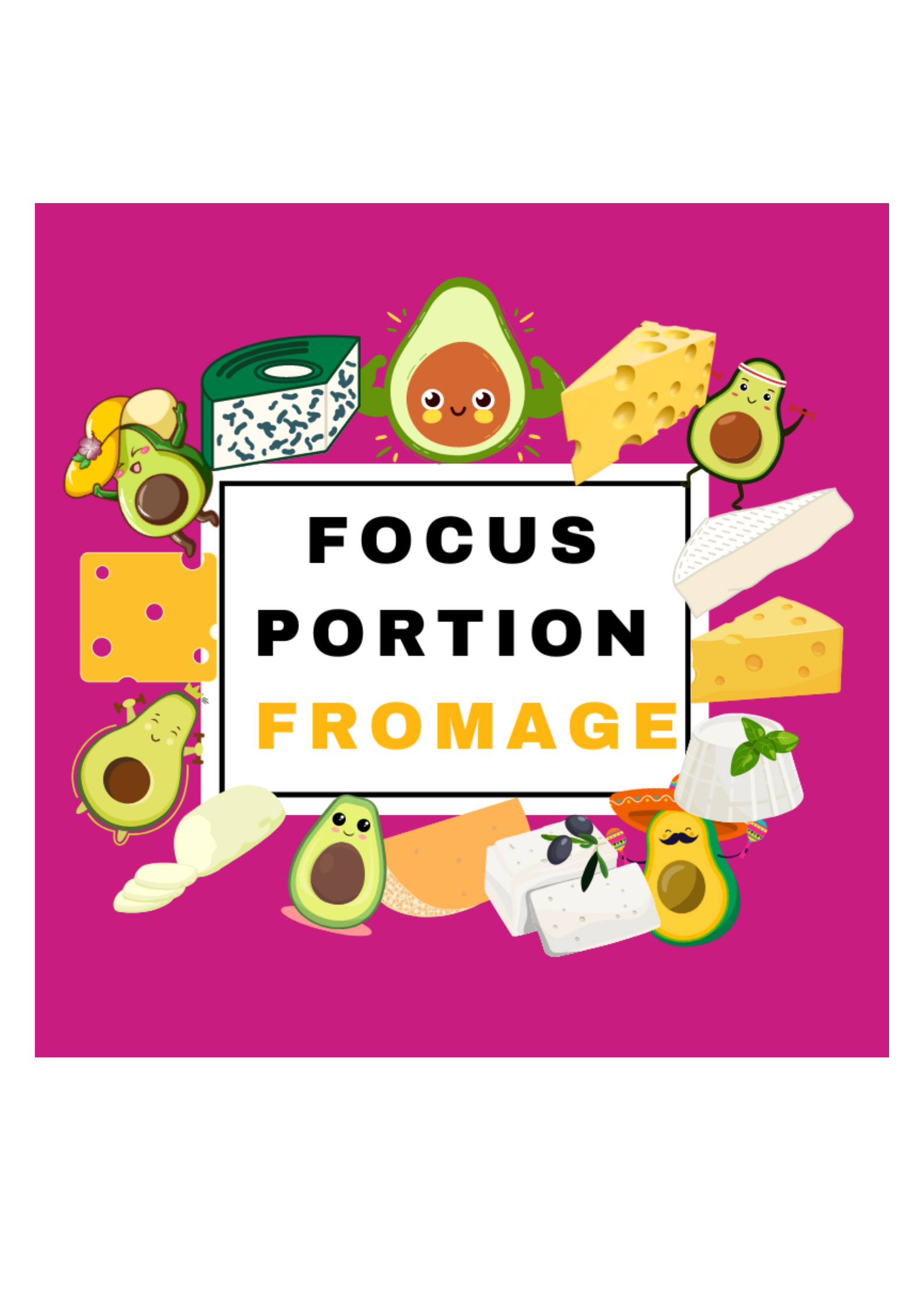


# FOCUS PORTION FROMAGES !

Dans ce focus snack fromage, nous avons soigneusement énuméré les macros pour 1 et 2 portions standards pour une belle variété de fromages keto-friendly :

**Cheddar**  
**Brie**  
**Gouda**  
**Parmesan**  
**Roquefort**  
**Emmental**  
**Feta**  
**Camembert**  
**Comté**  
**Gorgonzola**  
**Manchego**  
**Mascarpone**  
**Ricotta**  
**Chèvre**  
**Halloumi**  
**Ricotta**  
**Mozzarella**  
**Burrata**  
**Fromage frais**  
**Vache qui rit**  
**Kiri**  
**Babybel**  
  
**etc**

Voici de quoi vous aider à choisir le bon fromage **pour rester en phase avec vos objectifs keto.**



**FOCUS**  
**PORTION**  
**FROMAGE**

# Portions Fromages

MY  
KETO  
HELP

## EMMENTAL



- 1 portion = 30 g

G = 0 g   L = 8,6 g  
P = 8,4 g

- 
- 2 portions = 60 g

G = 0 g   L = 17,2 g  
P = 16,8 g

## FROMAGE FRAIS



- 1 càc = 15 g

G = 0,65 g   L = 3,1 g  
P = 0,8 g

- 
- 1 càs = 30 g

G = 1,3 g   L = 6,2 g  
P = 1,6 g

## FROMAGE DE CHEVRE



- 1 portion = 30 g

G = 0 g   L = 10,7 g  
P = 9,1 g

- 
- 2 portions = 60 g

G = 0 g   L = 21,4 g  
P = 18,2 g

## CHEDDAR



- 1 tranche = 25 g

G = 0 g   L = 8,5 g  
P = 6 g

- 
- 2 tranches = 50 g

G = 0 g   L = 17 g  
P = 12 g

## MIMOLETTE



- 1 tranche = 25 g

G = 0 g   L = 5,9 g  
P = 6,2 g

- 
- 2 tranches = 50 g

G = 0 g   L = 11,8 g  
P = 12,4 g

## COMTE



- 1 portion = 30 g

G = 0 g   L = 10,4 g  
P = 8,2 g

- 
- 2 portions : 60 g

G = 0 g   L = 20,8 g  
P = 16,4 g

# Portions Fromages

MY  
KETO  
HELP

## LA VACHE QUI RIT

- 1 portion = 16 g

G = 1 g   L = 2,8 g  
P = 1,8 g

- 
- 2 portions = 32 g

G = 2 g   L = 5,6 g  
P = 3,6 g

## BABYBEL

- 1 portion = 22 g

G = 0 g   L = 5,1 g  
P = 4,8 g

- 
- 2 portion = 44 g

G = 0 g   L = 10,2 g  
P = 9,6 g

## KIRI

- 1 portion = 16 g

G = 0,4 g   L = 6,4 g  
P = 1,3 g

- 
- 2 portions = 32 g

G = 0,8 g   L = 12,8 g  
P = 2,6 g

## MAASDAM

- 1 tranche = 20 g

G = 0 g   L = 5,5 g  
P = 5 g

- 
- 2 tranches = 40 g

G = 0 g   L = 11 g  
P = 10 g

## HALLOUMI

- 1 portion = 30g

G = 0,69 g   L = 7,8 g  
P = 6,6 g

- 
- Pour 100 g

G = 2,3 g   L = 26 g  
P = 22 g

## CHEESE SNACK NATRULY

- 1 sachet = 20 g

G = 0 g   L = 9,4 g  
P = 8 g

- 
- Pour 2 sachets

G = 0 g   L = 18,8 g  
P = 16 g



# Portions Fromages

MY  
KETO  
HELP



## ROQUEFORT

- 1 portion = 30 g

G = 0 g   L = 10,2 g  
P = 5,9 g

- 
- 2 portions = 60 g

G = 0 g   L = 20,4 g  
P = 11,8 g



## CAMEMBERT

- 1 portion = 30 g

G = 0 g   L = 6,8 g  
P = 5,9 g

- 
- 2 portions = 60 g

G = 0 g   L = 13,6 g  
P = 11,8 g

## SAINTE NECTAIRE

- 1 portion = 30 g

G = 0 g   L = 8,1 g  
P = 6,8 g

- 
- 2 portions = 60 g

G = 0 g   L = 16,2 g  
P = 13,6 g



## BRIE DE MEAUX

- 1 portion = 30 g

G = 0 g   L = 6,2 g  
P = 6,4 g

- 
- 2 portions = 60 g

G = 0 g   L = 12,4 g  
P = 12,8 g

## REBLOCHON

- 1 portion = 30 g

G = 0 g   L = 8,2 g  
P = 6,1 g

- 
- 2 portions = 60 g

G = 0 g   L = 16,4 g  
P = 12,2 g

## PONT L'ÉVÊQUE

- 1 portion = 30 g

G = 0 g   L = 7,9 g  
P = 6,8 g

- 
- 2 portions = 60 g

G = 0 g   L = 15,8 g  
P = 13,6 g

# Portions Fromages

MY  
KETO  
HELP

## GOUDA



- 1 portion = 30 g

G = 0 g   L = 9,5 g  
P = 7 g

- 
- 2 portions = 60 g

G = 0 g   L = 19 g  
P = 14 g

## PARMESAN



- 1 portion = 30 g

G = 0 g   L = 9,3 g  
P = 9,3 g

- 
- 2 portions = 60 g

G = 0 g   L = 18,6 g  
P = 18,6 g

## MOZZARELLA



- 1 MOZZA DI BUFFALA

G = 1,25g   L = 31,3g  
P = 17,5 g

- 
- 1 MOZZA LAIT VACHE

G = 1,6 g   L = 22,5g  
P = 21,3 g

## FÊTA



- 1 portion = 30 g

G = 0,2 g   L = 7,3 g  
P = 4,5 g

- 
- Pour 100 g

G = 0,65g   L = 24,3 g  
P = 15,1 g

## GORGONZOLA



- 1 portion = 30 g

G = 0 g   L = 7,9 g  
P = 5,7 g

- 
- 2 portions :

G = 0 g   L = 15,8 g  
P = 11,4 g

## RICOTTA



- 1 portion = 30 g

G = 1,2 g   L = 3,6 g  
P = 2,6 g

- 
- 2 portions = 60 g

G = 2,4 g   L = 7,2 g  
P = 5,2 g

# Portions Fromages

MY  
KETO  
HELP

## MASCARPONE



- 1 portion = 30 g

G = 1,2 g   L = 11,7 g  
P = 1,3 g

- 
- 2 portions = 60 g

G = 0 g   L = 23,4 g  
P = 2,6 g

## BURRATA (200G)

1 burrata Di Buffala

G = 1,4 g   L = 74 g  
P = 17,2 g

---

1 burrata lait de vache

G = 2,2 g   L = 42 g  
P = 26 g

## PROVOLONE



- 1 portion = 30 g

G = 0 g   L = 8 g  
P = 7,7 g

- 
- 2 portions = 60 g

G = 0 g   L = 16 g  
P = 15,4 g

## MUNSTER



- 1 portion = 30 g

G = 0 g   L = 8,7 g  
P = 6,4 g

- 
- 2 portions = 60 g

G = 0 g   L = 17,4 g  
P = 12,8 g

## BLEU



- 1 portion = 30 g

G = 0 g   L = 8,5 g  
P = 6,7 g

- 
- 2 portions = 60 g

G = 0 g   L = 17 g  
P = 13,4 g

## MANCHEGO



- 1 portion = 30 g

G = 0,5 g   L = 8,5 g  
P = 7,2 g

- 
- 2 portions = 60 g

G = 1 g   L = 17 g  
P = 14,4 g