

Swedish Fish

Yield: 1 min
Total Time: 2 min

Recipe from: <https://www.recipeschoose.com/recipes/keto-swedish-pancake-recipe>

Ingredients:

- 1 tablespoon natural sweetener STUR, any flavor
- 3 tablespoons water
- 1 tablespoon gelatin Great Lakes, red canister
- 1 teaspoon citric acid for sour taste, optional

Nutrition:

1. Calories: 70 calories
2. Carbohydrate: 1 grams
3. Protein: 15 grams
4. Sodium: 40 milligrams

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