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**\*\*We're always changing! For full current menu visit [www.abckitchentexas.com](http://www.abckitchentexas.com)**

## **Tortilla Chips**

**Original Chip Ingredients: Enriched Bleached Flour, Wheat Gluten, Lard, Sea Salt, Baking Soda, Olive Oil, Garlic Powder, Onion Powder**

**Nacho Cheese flavor: add cheddar cheese powder, tomato powder, Oh My Spice nacho cheese seasoning**

**Cinnamon Sugar: (subtract garlic and onion) add cinnamon, Swerve confectioners sugar**

**Serving Size 9-10 chips**

### **Amount Per Serving**

Calories 105  
Total Fat 8g  
Total Carbohydrate 17.6g  
Dietary Fiber 15g  
Protein 5g

## **Beef Enchiladas**

**Serving Size 1**

### **Amount Per Serving**

Calories 354  
Total Fat 19.3g  
Carbohydrates 12.3g  
Fiber 8g  
Protein 46.1g

## White Chocolate Peanut Butter Cups

### Serving Size 1

#### Amount Per Serving

Calories 112  
Total Fat 10  
Carbohydrates 4.5  
Fiber 3g  
Protein 2g

## Cheese Enchiladas

### Serving Size 1 enchilada

#### Amount Per Serving

Calories 370  
Total Fat 21g  
Carbohydrates 13.4g  
Fiber 8g  
Protein 25g

## Pork Tamales

### Serving Size 1 tamale

#### Amount Per Serving

Calories 168  
Total Fat 16g  
Carbohydrates 5g  
Fiber 3.4g  
Protein 11g

## Beef Stroganoff

### Serving Size 1.5 cups

#### Amount Per Serving

Calories 420  
Total Fat 26g  
Carbohydrates 7.2g  
Fiber 0.7g  
Protein 39g

## General Tso's Chicken

**Serving Size 1 cup**

### Amount Per Serving

Calories 260  
Total Fat 12g  
Carbohydrates 10g  
Fiber 7g  
Protein 27g

## Pulled Pork Sliders

**Serving Size 1 slider with ½ cup meat**

### Amount Per Serving

Calories 251  
Total Fat 10g  
Carbohydrates 6g  
Fiber 2g  
Protein 30g

## Cornbread Dressing

**Serving Size 1 cup**

### Amount Per Serving

Calories 300  
Total Fat 27g  
Carbohydrates 8g  
Fiber 4g  
Protein 10g

## Keto Heath Bars

**Serving Size 1 piece (~2x2)**

### Amount Per Serving

Calories 162  
Total Fat 12g  
Carbohydrates 5g  
Fiber 3.2g  
Protein 2g

## Lemon Cheesecake

**Serving Size 1/12 of cheesecake**

### **Amount Per Serving**

Calories 325  
Total Fat 36g  
Total Carbohydrate 6  
Dietary Fiber 1.6g  
Protein 7g

## Meatballs and Marinara

**Serving Size ½ cup of sauce with 4 meatballs**

### **Amount Per Serving**

Calories 387  
Total Fat 29g  
Total Carbohydrate 6  
Dietary Fiber 2g  
Protein 21g

## Chicken Alfredo Sauce

**Serving Size 1 cup**

### **Amount Per Serving**

Calories 453  
Total Fat 35g  
Total Carbohydrate 3  
Dietary Fiber 0g  
Protein 31g

## Coleslaw

**Serving Size 1 cup**

### **Amount Per Serving**

Calories 215  
Total Fat 22g  
Total Carbohydrate 3  
Dietary Fiber 1.8g  
Protein 1g

## Hearts of Palm Linguine

**Serving Size 1 cup**

**Amount Per Serving**

Calories 20  
Total Fat 0g  
Total Carbohydrate 2  
Dietary Fiber 8g  
Protein 4g

## Buffalo Cauliflower Bites

**Serving Size 1 cup**

**Amount Per Serving**

Calories 204  
Total Fat 17g  
Total Carbohydrate 7.6g  
Dietary Fiber 5g  
Protein 6g

## Lemon Bars

**Serving Size 1 bar**

**Amount Per Serving**

Calories 193  
Total Fat 19g  
Total Carbohydrate 8g  
Dietary Fiber 6g  
Protein 4g

## Chili

**Serving Size 1.5 cups**

**Amount Per Serving**

Calories 306  
Fat 18g  
Total Carbs 12g  
Fiber 4g  
Protein 23g

## **Stuffed Wrapped Jalapenos**

**Serving Size 1 pepper**

### **Amount Per Serving**

Calories 49  
Total Fat 4g  
Total Carbohydrate 1g  
Dietary Fiber 0.7g  
Protein 2g

## **Bacon Roasted Brussel Sprouts**

**Serving Size 1 cup**

### **Amount Per Serving**

Calories 241  
Total Fat 9.9g  
Total Carbohydrate 8g  
Dietary Fiber 3.5g  
Protein 12g

## **Bacon Ranch Chicken Casserole**

**Serving Size 1 generous cup**

### **Amount Per Serving**

Calories 450  
Total Fat 36g  
Total Carbohydrate 4g  
Dietary Fiber 0g  
Protein 31g

## **Fathead Cheese Pizza**

**Serving Size 1/8 of 14" pizza**

### **Amount Per Serving**

Calories 235  
Total Fat 19g  
Total Carbohydrate 4g  
Dietary Fiber 2g  
Protein 18g

## **Pork Belly Bites**

**Serving Size 1 oz.**

**Amount Per Serving**

Calories 147  
Total Fat 15g  
Total Carbohydrate 0g  
Dietary Fiber 0g  
Protein 2.6g

## **Egg Roll In A Bowl**

**Serving Size 1.5 cups**

**Amount Per Serving**

Calories 416  
Total Fat 31g  
Total Carbohydrate 9.6g  
Dietary Fiber 3g  
Protein 21g

## **Mashed “potatoes” (rutabaga)**

**Serving Size 0.5 cup**

**Amount Per Serving**

Calories 89  
Total Fat 11g  
Total Carbohydrate 6g  
Dietary Fiber 3.4g  
Protein 1g

## **Chicken Bacon Soup**

**Serving Size 2 cups**

**Amount Per Serving**

Calories 196  
Total Fat 7g  
Total Carbohydrate 13.4g  
Dietary Fiber 9g

Protein 19g

## **Chicken Cheese Stuffed Poblanos**

**Serving Size 1 pepper**

**Amount Per Serving**

Calories 386  
Total Fat 23g  
Total Carbohydrate 10g  
Dietary Fiber 7g  
Protein 38g

## **Lasagna (Beef and Sausage, hearts of palm)**

**Serving Size 1/4 of pan (1/8 if full pan)**

**Amount Per Serving**

Calories 390  
Total Fat 26g  
Total Carbohydrate 18.4g  
Dietary Fiber 13.6g  
Protein 34g

## **Charbroiled BBQ Chicken**

**Serving Size 1 piece**

**Amount Per Serving**

Calories 150  
Total Fat 9g  
Total Carbohydrate 1g  
Dietary Fiber 0g  
Protein 14g

## **Southern Collard Greens**

**Serving Size 1 cup**

**Amount Per Serving**

Calories 63  
Total Fat 4g  
Total Carbohydrate 10g  
Dietary Fiber 7.3g



Protein 5g

## Chicken Salad

**Serving Size** ½ cup

**Amount Per Serving**

Calories 310  
Total Fat 27g  
Total Carbohydrate 0.4g  
Dietary Fiber 0g  
Protein 15g

## Fruity Mousse

**Serving Size** ½ cup

**Amount Per Serving**

Calories 285  
Total Fat 23g  
Total Carbohydrate 0.6g  
Dietary Fiber 0g  
Protein 8g

## Cauliflower Rice

**Serving Size** ½ cup

**Amount Per Serving**

Calories 94  
Total Fat 6.5g  
Total Carbohydrate 7g  
Dietary Fiber 3.9g  
Protein 3.4g

## Blackberry Cobbler

**Serving Size** ⅓ of pan

**Amount Per Serving**

Calories 154  
Total Fat 12g  
Total Carbohydrate 7g

Dietary Fiber 4g  
Protein 5g

## **Mini Hostess Cupcakes**

**Serving Size 1 cupcake**

**Amount Per Serving**

Calories 94  
Total Fat 6.5g  
Total Carbohydrate 7g  
Dietary Fiber 3.9g  
Protein 3.4g

## **Broccoli Cheese Soup**

**Serving Size 2 cups**

**Amount Per Serving**

Calories 454  
Total Fat 42g  
Total Carbohydrate 9g  
Dietary Fiber 3g  
Protein 34g

## **Beef Taco Casserole**

**Serving Size 1.5 cups**

**Amount Per Serving**

Calories 594  
Total Fat 43g  
Total Carbohydrate 6g  
Dietary Fiber 2g  
Protein 48g

## **Strawberry Cheesecake Bites**

**Serving Size 1 bite**

**Amount Per Serving**

Calories 50  
Total Fat 6g  
Total Carbohydrate 0.5g  
Dietary Fiber 0g

Protein 1g

## **Peanut Butter Cups**

**Serving Size 1 piece**

**Amount Per Serving**

Calories 85  
Total Fat 8g  
Total Carbohydrate 2g  
Dietary Fiber 0.5g  
Protein 2g

## **Bacon Wrapped Brats**

**Serving Size 1 sausage**

**Amount Per Serving**

Calories 273  
Total Fat 21g  
Total Carbohydrate 0g  
Dietary Fiber 0g  
Protein 9g

## **Creamy Chicken Curry**

**Serving Size 1 cup**

**Amount Per Serving**

Calories 501  
Total Fat 37g  
Carbohydrates 2g  
Fiber 0g  
Protein 23g

## **Pumpkin Cheesecake Fat Bombs**

**Serving Size 1**

**Amount Per Serving**

Calories 114  
Total Fat 11g  
Carbohydrates 3g  
Fiber 2.2g

Protein 3g

## **Nooda Mac and Cheese**

**Serving Size 1.5 cups**

### **Amount Per Serving**

Calories 728  
Total Fat 67g  
Carbohydrates 19g  
Fiber 15g  
Protein 35g

## **Peanut Butter Thumbprint Cookies**

**Serving Size 2 cookies**

### **Amount Per Serving**

Calories 165  
Total Fat 14g  
Carbohydrates 6g  
Fiber 3g  
Protein 5g

## **Meatloaf**

**Serving Size ¼ of pan**

### **Amount Per Serving**

Calories 627  
Total Fat 41g  
Total Carbohydrate 1.2  
Dietary Fiber 0g  
Protein 59g

## **Keto Frito Pie**

**Serving Size 1 cup (without tortilla strips)**

### **Amount Per Serving**

Calories 344  
Total Fat 18g  
Total Carbohydrate 6.5  
Dietary Fiber 1.3g  
Protein 42g

## **¼ cup tortilla strips**

### **Amount Per Serving**

Calories 45  
Total Fat 3g  
Total Carbohydrate 4.6g  
Dietary Fiber 3g  
Protein 1.5g

## **Italian Sausage Burgers**

### **Serving Size 1 burger**

### **Amount Per Serving**

Calories 644  
Total Fat 64g  
Total Carbohydrate 0  
Dietary Fiber 0g  
Protein 44g

## **Candied Pecans**

### **Serving Size 22-25 nuts**

### **Amount Per Serving**

Calories 598  
Total Fat 61g  
Total Carbohydrate 10.1  
Dietary Fiber 7.6g  
Protein 9.4g

## **Almond Joy Bars**

### **Serving Size 1 bar**

### **Amount Per Serving**

Calories 204  
Total Fat 18g  
Carbohydrates 6g  
Fiber 5g  
Protein 3g