



LC-Snack Pack[®]



Almonds, Cheddar, Pumpkin Seeds

Net Carbs
4g
Per Serving

**Diabetic
Friendly
Gluten
Free**

Nutrition Facts

Amount Per Serving
Serving Size ½ cup (52.7g)
Servings per container 1

Calories 318			
Calories from Fat 234		%Daily Value*	
Total Fat 26g	40%	Total Carbohydrate 7g	2%
Saturated Fat 7g	35%	Dietary Fiber 3g	12%
Trans Fat 0g		Sugars 0g	
Cholesterol 24mg	8%	Protein 14g	28%
Sodium 143mg	6%	Net Carbs 4g	

*Percent daily values are based on a 2000 calorie diet.

Ingredients: Roasted whole unsalted almonds, roasted hulled unsalted pumpkin seeds (pepitas), cheddar cheese

Allergen Warning: Processed in a facility that uses gluten.



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Manufactured by:
LC-Foods[®] Corp
Raleigh, NC 27604
www.HoldTheCarbs.com

Net Wt. 1.85 oz. (52.7g) (Mix Weight May Vary)