

LC-Angel Rolls Mix[®]



Diabetic
Friendly
Low
Carb



Net Carbs
1g
Per Serving

Nutrition Facts

Serving Size 1/4 cup (27.8g)

(One - 2" x 2" x 2 1/2" roll prepared)

Servings per container 8

Amount Per Serving

Calories 85

Calories from Fat 9

				%Daily Value*
Total Fat	1g	2%	Total Carbohydrate	11g 4%
Saturated Fat	0g	0%	Dietary Fiber	10g 40%
Trans Fat	0g		Sugars	0g 0%
Cholesterol	0g	0%	Protein	8g 16%
Sodium	206mg	9%	Net Carbs	1g

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

Ingredients: Wheat protein isolates, resistant wheat starches, flax seed meal, vital wheat gluten, Inulin (chicory root) fiber, digestion resistant polydextrose fiber, baking powder, salt, baking soda, organic stevia rebaudiana leaf natural herbal extracts, natural luohanguo monk fruit and natural enzymes.

Allergen Warning: Processed in a facility that uses nuts



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Manufactured by LC Foods[™]
Company, Raleigh NC 27604

Net Wt. 7.8oz. (223g) Approx. 2 cups

Mix Makes 8 - 2" x 2" x 2 1/2" Angel Rolls

You'll Need:



Heavy Cream

+



Butter

+



Vinegar

+



Yeast



6 Tbsp unsalted butter - frozen

2 tsp white distilled vinegar

1/2 cup heavy cream

1-1/8 tsp instant, rapid rise or bread machine yeast (not active dry)

7-1/2 tsp room temperature water

Directions: Chill mix ahead if possible. In a medium bowl, place half of the LC-Angel rolls mix, mix in the yeast. Chop frozen butter into chunks and place into a food processor with an S cutting blade along with the other half of the mix, pulse to cut the butter into the mix, process until butter resembles small peas in size. Combine 2 mixes together. In a smaller bowl, combine water, cream and vinegar. Add wet ingredients into dry, mixing gently by hand to combine. Dough will be a little dry which is correct. Gather to form dough into 8 equal size balls, and place them equidistant into a greased or sprayed 6" round or square baking pan for thicker rolls or 8"-10" pan for less thick. Bake at 425° F for 15-17 minutes until lightly browned.

www.lowcarbfoods.com