



LC-Snack Pack[®]



Barberry, Almond, Pumpkin Seed

Net Carbs
3.0g
Per Serving

**Diabetic
Friendly
Gluten
Free**

Nutrition Facts

Amount Per Serving
Serving Size 7.8 Tsp (24.65g)
Servings per container 2

Calories 132

Calories from Fat 90

%Daily Value*

Total Fat 10g	15%	Total Carbohydrate 5.5g	2%
Saturated Fat 1g	5%	Dietary Fiber 2.5g	10%
Trans Fat 0g		Sugars 2g	
Cholesterol 0mg	0%	Protein 5g	10%
Sodium 2mg	0%	Net Carbs 3g	

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

Ingredients: Dry roasted unsalted almonds, dry roasted pumpkin seed (papas), no sugar added dried red barberries (zereshk)

Allergen Warning: Processed in a facility that uses gluten & nuts.



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

Net Wt. 1.74 oz. (49.3g) (Mix Weight May Vary)