



# LC-Snack Pack<sup>®</sup>



## Barberries & Almonds

Net Carbs  
**3.5g**  
Per Serving

Diabetic  
Friendly  
Gluten  
Free

### Nutrition Facts

Amount Per Serving  
Serving Size 8 Tsp (24.75g)  
Servings per container 2

Calories 123

Calories from Fat 81

%Daily Value\*

<b>Total Fat</b> 9g	14%	<b>Total Carbohydrate</b> 6.5g	2%
Saturated Fat .7g	3%	Dietary Fiber 3g	12%
Trans Fat 0g		Sugars 3.3g	
<b>Cholesterol</b> 0mg	0%	<b>Protein</b> 4g	8%
<b>Sodium</b> 0mg	0%	<b>Net Carbs</b> 3.5g	

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

**Ingredients:** Dry roasted unsalted almonds, no sugar added dried red barberries (zereshk)

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



Manufactured by:  
LC-Foods<sup>®</sup> Corp  
Raleigh, NC 27604  
[www.HoldTheCarbs.com](http://www.HoldTheCarbs.com)

Net Wt. 1.74 oz. (49.5g) (Mix Weight May Vary)