

# LC-Cheezy Rinds®



**Low Carb & Keto Friendly**

## Nutrition Facts

Serving Size 1oz (30g)  
approx 1 cup of rinds  
Servings per container 5  
Amount Per Serving  
**Calories** 125  
Calories from Fat 77

		%Daily Value*			
<b>Total Fat</b>	8.5g	<b>13%</b>	<b>Total Carbohydrate</b> 1g	<b>0%</b>	
Saturated Fat	3.2g	<b>16%</b>	Dietary Fiber	0g	<b>0%</b>
Trans Fat	0g		Sugars	0g	<b>0%</b>
<b>Cholesterol</b>	22mg	<b>7%</b>	<b>Protein</b>	11g	<b>22%</b>
<b>Sodium</b>	462mg	<b>19%</b>	<b>Net Carbs</b>	1g	

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

**Ingredients:** Fried pork skins, cheddar cheese powder, salt, natural flavor, FD&C color yellow 5&6, silicon dioxide as a preservative.

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

Net Wt. 5.2 oz. (150g) 5 Cups



Manufactured by LC Foods™  
Company, Raleigh NC 27604