

LC-Barberries®



**Diabetic
Friendly
Gluten
Free**

**Net Carbs
4.6g
Per Serving**



Great alternative to raisins for lower carbs

Nutrition Facts

Serving Size 2 Tbsp (11.6g)
Servings per container 12

Amount Per Serving
Calories 21
Calories from Fat 0

		%Daily Value*	
Total Fat 0g	0%	Total Carbohydrate 4.9g	2%
Saturated Fat 0g	0%	Dietary Fiber 1.6g	6%
Trans Fat 0g		Sugars 3.3g	
Cholesterol 0g	0%	Protein .3g	1%
Sodium 0mg	0%	Net Carbs 4.6g	

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

Ingredients: No sugar added dried red barberries (zereshk)

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

Find out more at HoldTheCarbs.com 919-510-6688

Net Wt. 4.93 oz. (140g) Approx. 1½ cups



Manufactured by LC Foods™
Company, Raleigh NC 27604