

LC-Seasoned Bread Stuffing®

Diabetic
Friendly
Low
Carb



Net Carbs
.3g
Per 1/4 Cup



Refrigerate or Freeze After Receiving
Remove Air From Bag Before Closing

Nutrition Facts

Serving Size 1/4 Cup (13.75g)
Servings per bag 16

Amount Per Serving

Calories 64

Calories from Fat 36

		%Daily Value*	
Total Fat	4g	6%	Total Carbohydrate 2.9g 1%
Saturated Fat	2.7g	14%	Dietary Fiber 2.6g 10%
Trans Fat	0g		Sugars 0g 0%
Cholesterol	2mg	1%	Protein 4g 8%
Sodium	101mg	4%	Net Carbs .3g

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

Ingredients: Wheat protein isolates, resistant wheat starches, flax seed meal, vital wheat gluten, butter, coconut oil, Inulin, salt, parsley flakes, garlic powder, instant dry yeast, calcium propionate (as a preservative), vinegar, organic stevia, natural herbal extracts, natural luo han guo monk fruit and natural enzymes

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



Net Wt. 7.76 oz. (220g) Approx 4 Cups

Manufactured by LC Foods™
Company, Raleigh NC 27610

Mix Makes - 6 cups of finished stuffing

You'll Need:

- 1/4 cup butter
- 2/3 cup chopped celery
- 2/3 cup chopped onion
- 1-1/2 tsp poultry seasoning
- 2-3/4 cups chicken broth or bouillon, or vegetable broth
- 1 tsp LC-Thick'n Saucy (optional)
- 1/4 tsp rosemary (optional)



To make the stuffing: Put the entire bag of LC-Seasoned Bread Stuffing into a medium sauce pan. Add 2-3/4 cups of cold broth and stir until moistened. Cover, stirring occasionally and allow to sit for 20 minutes or more. Meanwhile, in a medium skillet, melt the butter, add celery, onion and seasonings. Sauté till translucent. Combine into finished soaked bread stuffing and stir. Optional: add cranberries, cooked sausage or nuts. Drain off extra broth as desired or add LC-Thick'n Saucy to make a little binding gravy. Can be made in advance up to a day ahead, but must be refrigerated. Heat just before serving.

www.LowCarbFoods.com