

LC-Pizza Shell®



Diabetic
Friendly
Low
Carb

Net Carbs
1.5g
Per Serving



Refrigerate or Freeze After Receiving
Remove Air From Bag Before Closing

Nutrition Facts

Serving Size 1 slice (45.1g)
(One - 5" pizza shell wedge slice)
Servings per container 8
Amount Per Serving
Calories 133
Calories from Fat 31

%Daily Value*			
Total Fat	3.4g	5%	Total Carbohydrate 12g 4%
Saturated Fat	.3g	2%	Dietary Fiber 10.5g 42%
Trans Fat	0g		Sugars 0g 0%
Cholesterol	0g	0%	Protein 13.5g 27%
Sodium	178mg	7%	Net Carbs 1.5g

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

Ingredients: Wheat protein isolates, resistant wheat starches, flax seed meal, olive oil, vital wheat gluten, instant dry yeast, Inulin (chicory root) fiber, salt, calcium propionate (as a preservative), organic stevia rebaudiana leaf natural herbal extracts, and natural luo han guo monk fruit.

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



Manufactured by LC Foods™
Company, Raleigh NC 27604

Net Wt. 12.7 oz. (361g) Qty 1 - 12" Pizza Shells

Qty 1 -12" Pizza Shell with 8 - 5" Wedge Slices

Directions to Prepare: Choose meats and vegetable toppings and precook vegetables al dente. Cook meats until cooked through. Preheat oven to 375° F and place rack high in the oven. Separate mozzarella cheese or other cheese into two equal portions.

Place LC-Pizza Shell on a cutting board, cookie sheet or pizza screen. Spread pizza sauce, tomato sauce or white pizza sauce on the shell first in desired quantity and shake on oregano or basil as desired. Next add half the cheese and then the prepared toppings. Finish with the other half of the cheese. Place pizza in the oven by sliding off the cutting board or cookie sheet directly onto the high oven rack, or place pizza screen directly on the rack.

Bake pizza for 13-15 minutes. Remove from oven using a pizza peel or oven mitts and allow to cool 5-10 minutes. Slice with a pizza cutter or knife and serve.

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