

LC-Hearty White Bread Mix[®]



Net Carbs
1g
Per Slice

Diabetic
Friendly
Low
Carb

Nutrition Facts

Mix Serving Size 3 Tbs (19.5g)
(one 4¼" wide x 3" tall x ½" thick slice)
Servings per container 18
Amount Per Serving
Calories 78
Calories from Fat 14

		%Daily Value*	
Total Fat	1.5g	2%	Total Carbohydrate 7g 3%
Saturated Fat	0g	0%	Dietary Fiber 6g 24%
Trans Fat	0g		Sugars 0g 0%
Cholesterol	0g	0%	Protein 9g 18%
Sodium	167mg	7%	Net Carbs 1g

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

Ingredients: Wheat protein isolates, resistant wheat starches, flax seed meal, vital wheat gluten, Inulin (chicory root fiber), salt, organic stevia rebaudiana leaf natural herbal extracts, natural luohanguo monk fruit, and natural enzymes

Allergen Warning: Processed in a facility that uses nuts

Manufactured by LC Foods[™]
Company, Raleigh NC 27604



7 54205 30088 4

Net Wt. 12.4 oz. (352g) Approx. 3.4 cups

Mix Makes 1 Large Bread Loaf

Ingredients:

3 Tbsp plus 2 tsp unsalted melted butter
¾ cup & 3 Tbsp warm water
2 Tbsp instant, rapid rise or bread machine yeast
2½ tsp coconut oil

Directions: In a large bowl, place entire package of LC-White Bread Mix[®], ¾ cup warm water, melted butter, yeast (not active dry) and coconut oil. Mix together completely. Add additional water up to 3 Tbsp as you knead the dough further. Place dough on a cutting board and use a traditional kneading technique to bend and fold the dough until the gluten develops. You can also use a food processor with an S blade to assist you in developing the gluten. Grease or spray either one large bread loaf pan (approx 9.25 x 5.25 x 2.75) or 3 small bread loaf pans (approx 5.75 x 3 x 2.15). Cover with plastic wrap. Place in a warm draft free area at 80-85° F for 1 hour until dough more than doubles in size. For large bread loaves, bake at 350° F for 30-32 minutes. Make sure loaf is fully baked by inserting a knife into the center that comes out clean, or thermometer reads 205° F. For small loaves bake at 375° F for 17-20 minutes. Allow to cool before slicing. Bread can be refrigerated or frozen to maintain freshness.

You can use a bread machine but you must decrease the kneading cycle or knead by hand.

www.lowcarbfoods.com