



LC-Snack Pack[®]



Jack, Almonds & Pumpkin Seeds

**Diabetic
Friendly
Gluten
Free**

Net Carbs
2g
Per Serving

**Paleo
Ketogenic
LCHF**

Nutrition Facts

Amount Per Serving
Serving Size ¼ cup (29.1g)
Servings per container 2

Calories	178			
Calories from Fat	130			
				%Daily Value*
Total Fat	14.4g	22%	Total Carbohydrate	3.5g 1%
Saturated Fat	4.4g	22%	Dietary Fiber	1.5g 6%
Trans Fat	0g		Sugars	0g
Cholesterol	15mg	5%	Protein	8.5g 17%
Sodium	93mg	4%	Net Carbs	2g

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

Ingredients: Freeze dried monterey jack cheese, dry roasted unsalted pumpkin seeds (pepitas), dry roasted unsalted almonds

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



Manufactured by:
LC-Foods[®] Corp
Raleigh, NC 27604

www.HoldTheCarbs.com

Net Wt. 2.05 oz. (58.2g) (Mix Weight May Vary)