



# LC-Snack Pack®



## Jack Cheese & Pumpkin Seeds

**Diabetic  
Friendly  
Gluten  
Free**

**Net Carbs**  
**2g**  
Per Serving

**Paleo  
Ketogenic  
LCHF**

### Nutrition Facts

Amount Per Serving  
Serving Size ¼ cup (28.3g)  
Servings per container 2

		%Daily Value*	
Calories 168			
Calories from Fat 122			
<b>Total Fat</b> 13.5g	<b>20%</b>	<b>Total Carbohydrate</b> 3g	<b>1%</b>
Saturated Fat 5g	<b>25%</b>	Dietary Fiber 2g	<b>8%</b>
Trans Fat 0g		Sugars 0g	
<b>Cholesterol</b> 16mg	<b>5%</b>	<b>Protein</b> 8.5g	<b>17%</b>
<b>Sodium</b> 98mg	<b>4%</b>	<b>Net Carbs</b> 2g	

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

**Ingredients:** Freeze dried monterey jack cheese and dry roasted unsalted pumpkin seeds (pepitas).

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



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

[www.HoldTheCarbs.com](http://www.HoldTheCarbs.com)

**Net Wt. 1.99 oz. (56.6g) (Mix Weight May Vary)**