

# LC-Rolls<sup>®</sup> Hamburger, Hotdog, Dinner



Diabetic  
Friendly  
Low  
Carb



## Nutrition Facts

Serving Size 6.5 Tbsp (39.1g)  
(approx 1 - 3" roll prepared)  
Servings per container 8  
Amount Per Serving  
**Calories** 155  
Calories from Fat 27

|                    |       |     |                           | %Daily Value* |
|--------------------|-------|-----|---------------------------|---------------|
| <b>Total Fat</b>   | 3g    | 5%  | <b>Total Carbohydrate</b> | 14g 5%        |
| Saturated Fat      | 0g    | 0%  | Dietary Fiber             | 12g 48%       |
| Trans Fat          | 0g    |     | Sugars                    | 0g 0%         |
| <b>Cholesterol</b> | 0g    | 0%  | <b>Protein</b>            | 18g 36%       |
| <b>Sodium</b>      | 353mg | 15% | <b>Net Carbs</b>          | 2g            |

\*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, digestion resistant polydextrose fiber, baking powder, salt, organic stevia rebaudiana leaf, natural luo han guo monk fruit & natural enzymes.

**Allergen Warning:** Processed in a facility that uses nuts



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Net Wt. 11oz. (313g) Approx. 3.2 cups

Manufactured by LC Foods<sup>™</sup>  
Company, Raleigh NC 27604

Makes 6 - 4" Hamburger Rolls or 8 - 3" Dinner Rolls

### Ingredients:

- 2 Tbsp plus 1½ tsp unsalted butter, melted
- 2/3 cup plus 2 tsp as needed room temp water
- 5 tsp fresh instant, rapid or bread machine yeast (not active dry)



**Directions:** In a large bowl, place entire package of LC-Roll Mix<sup>®</sup>. Add yeast and mix. Add butter & water. Mix together vigorously, blending the dough for 2-4 minutes using kneading techniques.

**For Dinner Rolls:** Separate dough into 8 equal portioned balls. Place tight in a row in a sprayed baking pan or rolls form pan. Cover with plastic wrap. Place in a warm draft free area at 80-85° F for 50 minutes until dough more than doubles in size. Preheat oven to 375° F. Uncover rolls. If desired brush tops with egg yolk and cream & sprinkle with salt. Bake in center of oven for 10 - 12 min.

**For Hamburger or Hotdog Rolls:** Separate dough into 6 equal portioned balls. Spray a 9" x 12" pan, & place balls evenly spaced, or use metal or glass form bowls, baking rings, or LC-Hamburger or LC-Hotdog Form Pans. Cover with plastic wrap. Place in a warm draft free area at 80-85° F for 60 minutes until dough more than doubles in size. Preheat oven to 375° F. Uncover rolls, and bake in center of oven for 12 - 14 min. Rolls can be refrigerated or frozen.

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