

LC-Cheezy Biscuits®



**Diabetic
Friendly
Low
Carb**



Net Carbs
1g
Per Serving

Nutrition Facts

Serving Size 3 Tbsp (19.5g)
(approx 1 - 2½" biscuit prepared)
Servings per container 12
Amount Per Serving
Calories 78
Calories from Fat 22

		%Daily Value*	
Total Fat	2.4g	4%	Total Carbohydrate 8g 3%
Saturated Fat	1.1g	6%	Dietary Fiber 7g 28%
Trans Fat	0g		Sugars 0g 0%
Cholesterol	5mg	2%	Protein 6g 12%
Sodium	230mg	10%	Net Carbs 1g

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

Ingredients: Wheat protein isolates, resistant wheat starches, dehydrated cheddar, cheese cultures & cream, flax seed meal, vital wheat gluten, Inulin (chicory root) fiber, digestion resistant polydextrose fiber, baking powder, baking soda, salt, organic stevia rebaudiana leaf natural herbal extracts, natural luo han guo monk fruit, parsley flakes, yellow 5 & 6 and natural enzymes.
Allergen Warning: Processed in a facility that uses nuts

Manufactured by LC Foods™
Company, Raleigh NC 27604



Net Wt. 8.28oz. (235g) Approx. 2¼ cups

Mix Makes 12 - 2½" Cheezy Biscuits

**You'll
Need:**



Butter

+



Sour Cream

+



Eggs



- 1 stick unsalted butter (chilled and cut into chunks)
- 2 eggs (medium - large size) beaten
- 1/3 cup sour cream (<1 carb from cultured cream - not from milk)
- LC-Cheezy Biscuit Mix® (chilled)

Directions: Chill a cookie sheet in the refrigerator. Place entire package of LC-Cheezy Biscuit Mix® and butter into a food processor with S blade. Pulse 10 - 12 seconds to cut in the butter. This can also be done by hand with a fork. Optional: stir in ¾ tsp garlic powder, ½ tsp basil & ¾ cup shredded cheese. In a separate bowl, beat eggs and sour cream together. Gently fold into the biscuit mix. Do not over mix. Cover with plastic wrap and place mixture in the refrigerator, to chill for 20 minutes to allow easy handling. Preheat oven to 375° F. Drop 12 equal spoonfuls, or form 12 biscuits as desired onto the chilled ungreased cookie sheet. Place on the highest rack in the oven. Bake for 15-17 minutes. You may also enjoy adding cooked bacon, ham or sausage pieces before baking.

www.HoldTheCarbs.com