

LC-Chocolate Fudge®



**NO Maltitol
No Artificial
Sweeteners**



**Diabetic
Friendly
Gluten
Free**

**Net Carbs
.6g
Per Serving**

Nutrition Facts

Mix Serving Size 5 tsp (13.3g)
(approx 1½" x 1½" fudge square)
Servings per container 22
Amount Per Serving
Calories 50
Calories from Fat 0

		%Daily Value*	
Total Fat 0g	0%	Total Carbohydrate 9.8g	3%
Saturated Fat 0g	0%	Dietary Fiber 9.2g	37%
Trans Fat 0g		Sugars 0g	0%
Cholesterol 0g	0%	Protein 2.5g	5%
Sodium 6mg	0%	Net Carbs .6g	

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

Ingredients: Contains a proprietary/patent pending blend of Inulin (chicory root) fiber, dutch cocoa, soluble dietary fiber, digestion resistant polydextrose fiber, whey protein isolate, organic stevia rebaudiana leaf, natural luo han guo monk fruit, natural dietary plant & vegetable gum fibers.

Warning: Processed in a facility that uses wheat gluten and nuts.



Net Wt. 10.3 oz. (292.1g) Approx. 2 ½ cups

Manufactured by LC Foods™
Company, Raleigh NC 27604

Mix makes 22 pieces of 1½" x 1½" fudge

**You'll
Need:**



- ¼ cup & 1 tsp 0 carb per serving heavy cream
- ¼ cup & 1 tsp melted unsalted butter
- ¼ cup & 1 tsp water
- 1 Tbsp vanilla extract
- ½ cup chopped walnuts (optional)

Directions: Prepare an 8 x 8 pan or counter surface of your choice by lining with plastic wrap. Pour entire package of LC-Chocolate Fudge Mix® into a medium mixing bowl. Add butter, cream, water and vanilla. Stir fudge together with a heavy spoon. Immediately transfer onto prepared plastic wrap before it sets. Press down using plastic wrap to desired thickness. Cover and refrigerate for 1 or more hours. Cut into squares, and refrigerate until serving. Option: To make cream cheese fudge, add 4 oz of cream cheese with the other wets. **Note:** LC-Chocolate Fudge® is high in fiber. Make sure to observe portion size control when eating a lot of fiber in your diet.

www.HoldTheCarbs.com