

LC-Country Biscuit[®]



Diabetic
Friendly
Low
Carb



Nutrition Facts

Serving Size 8 tsp (19.6g)
(approx 1 - 2½" biscuit prepared)
Servings per container 12
Amount Per Serving
Calories 56
Calories from Fat 0



			%Daily Value*
Total Fat	0	0%	Total Carbohydrate 8g 3%
Saturated Fat	0g	0%	Dietary Fiber 7g 28%
Trans Fat	0g		Sugars 0g 0%
Cholesterol	0g	0%	Protein 6g 12%
Sodium	166mg	7%	Net Carbs 1g

*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, baking soda, salt, organic stevia rebaudiana leaf natural herbal extracts, natural luo han guo monk fruit and natural enzymes.

Allergen Warning: Processed in a facility that uses nuts

Manufactured for LC Foods™
Company, Raleigh NC 27604

Net Wt. 8.28oz. (235g) Approx. 2 cups

Mix Makes 12 - 2½" Country Biscuits

**You'll
Need:**



4 Tbsp unsalted butter (chilled)
 ½ egg (medium - large size) beaten
 3 Tbsp sour cream (1 carb from cultured cream - not from milk)
 LC-Biscuit Mix[®] (chilled)

Directions for 6: Chill a cookie sheet in the refrigerator. In a food processor with S blade, place 1 cup of LC-Biscuit Mix[®]. Add butter, cutting into chunks quickly to keep chilled. Process 10 - 12 sec to cut in the butter. This can be done by hand also. In a small bowl, beat egg and sour cream together, and gently fold and blend into the dry biscuit mix. Do not beat or over mix. Cover with plastic wrap and place mixture in the refrigerator, chilling for at least 20 minutes to allow for easy handling. Preheat oven to 375° F. Drop 6 equal spoonfuls, or form/cut into 6 biscuits as desired onto the chilled ungreased cookie sheet, place on a rack higher in the oven. Bake for 15-17 minutes.

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