

To Maintain Spreadability,
Do Not Refrigerate.

Manufactured for
LC Foods™ Company
Raleigh, NC 27604
www.HoldTheCarbs.com



Dark Chocolate Almond Spread

All Natural • Sugar Free • Gluten Free

1 net
carb per
serving!



NET WT 11oz (312g)

Nutrition Facts

Amount Per Serving
Serving Size 2 Tbsp (32g)
Servings per container 10

Calories 164

Calories from Fat 108

%Daily Value*

Total Fat 12g	18%	Total Carbohydrate 17g	6%
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Saturated Fat 4.5g	23%	Dietary Fiber 12g	48%
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Trans Fat 0g		Alcohol Sugars 4g	
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Cholesterol 0mg	0%	Protein 1g	4%
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Sodium 5mg	0%	Net Carbs 1g	
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*Percent daily values are based on a 2000 calorie diet.

Ingredients: Inulin chicory root fiber, palm oil, sunflower oil, roasted almonds, cocoa powder, erythritol, lecithin, vanilla extract, stevia rebaudiana leaf natural herbal extract.