

LC-Gluten Free Bread[®]

Diabetic
Friendly
Gluten
Free

Net Carbs
2g
Per Serving



Nutrition Facts

Serving Size 3.6 Tbsp (30.3g)
(approx 1 bread slice prepared)
Servings per container 12
Amount Per Serving
Calories 134
Calories from Fat 54

			%Daily Value*
Total Fat	6g	9%	Total Carbohydrate 16g 5%
Saturated Fat	0g	0%	Dietary Fiber 14g 56%
Trans Fat	0g		Sugars 0g 0%
Cholesterol	0g	0%	Protein 4g 8%
Sodium	383mg	16%	Net Carbs 2g

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

Ingredients: A proprietary blend of tapioca, almond and coconut flours, flax meal, whey protein isolates, 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 wheat gluten and nuts



Net Wt. 12.8 oz. (364g) Approx. 2 ¾ cups

Manufactured for LC Foods[™]
Company, Raleigh NC 27604

Makes 1 Large Gluten Free Bread Loaf or 6-8 Rolls

**You'll
Need:**



Butter



Coconut Oil



Eggs



Sour Cream



3 eggs + 3 egg whites beaten

¼ cup plus 2 tsp unsalted melted butter

4 tsp coconut oil or other non-hydrogenated oil

¼ cup sour cream (low carb from cultured cream - not milk)

Directions:

In a large bowl, place entire package of the LC-Gluten Free Bread Mix[®]. Add the remaining ingredients and mix thoroughly.

Grease & spray either one large bread loaf pan (approx 9.25 x 5.25 x 2.75), 3 small bread loaf pans (approx 5.75 x 3 x 2.15), or make rolls using metal or glass form bowls, baking rings,

LC-Hotdog or LC-Hamburger Form Pans. For large bread loaves bake at 350° F for 50-52 min, and insure center is fully baked by inserting a knife into the center that comes out clean. For small loaves or rolls, bake at 375° F for 20-22 minutes. Cool 15 minutes in pan before turning out onto a cooling rack.

www.HoldTheCarbs.com