

LC-Breading & Crusting Mix[®]

Diabetic
Friendly
Gluten
Free



Net Carbs
1g
Per Serving



Nutrition Facts

Serving Size 1/4 Cup (30g)
Servings per container 8

Amount Per Serving

Calories 102
Calories from Fat 54



		%Daily Value*	
Total Fat 6g	9%	Total Carbohydrate 6g	2%
Saturated Fat 0g	0%	Dietary Fiber 5g	20%
Trans Fat 0g		Sugars 0g	0%
Cholesterol 0g	0%	Protein 6g	12%
Sodium 174mg	7%	Net Carbs 1g	

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

Ingredients: Contains a proprietary/patent pending blend of organic cracked flax seeds, organic chopped flax seed meals, salvia hispanica L. milled chia seed grains, chia seed meals, milk protein isolates, whey protein isolates, Inulin chicory root fibers, parsley, salt, black pepper.

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

Net Wt. 8 oz. (240g) Approx. 2 cups

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

Breading & Crusting Directions

Prepare food: Slice or pound food to desired thickness and size as desired. Prepare 2 bowls: The first bowl with 0 carb heavy cream, and the second bowl with LC-Breading & Crusting mix[®].

Begin crusting by submerging the prepared food into the heavy cream coating thoroughly, then transfer into the LC-Breading & Crusting Mix[®] coating thoroughly. **Bake** by placing on a cookie sheet and drizzle with real butter, olive oil or warmed coconut oil. Bake at 350°F until done, turning to brown evenly. **Fry** by adding 1/16" coconut or olive oil to a skillet and set burner heat on low to avoid smoking and burning. Place food in fry pan, turning to brown evenly until done. For parmesan or seasoned crusting, add 1 Tbsp of parmesan cheese to 1/4 cup LC-Breading & Crusting Mix[®] before breading, or add other spices and seasonings into your LC-Breading & Coating Mix[®] as desired.

Coating Casseroles: Place 1/4 cup LC-Breading & Crusting mix[®] in a skillet with 1 Tbsp of butter, coconut or olive oil. Heat and toast coating slightly. Sprinkle on top of your casserole and bake according to your recipe.



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