

LC-Gluten Free Yellow Cake®



Diabetic
Friendly
Gluten
Free

Artificial
Sweetener
FREE



Net Carbs
2g
Per Serving



Manufactured by LC Foods™
Company, Raleigh NC 27604

Nutrition Facts

Serving Size 3¼ Tbsp (29.9g)
(approx one 2" wedge prepared)
Servings per container 11
Amount Per Serving
Calories 113
Calories from Fat 45

		%Daily Value*	
Total Fat	5g	8%	Total Carbohydrate 15g 5%
Saturated Fat	0g	0%	Dietary Fiber 13g 52%
Trans Fat	0g		Sugars 0g 0%
Cholesterol	0g	0%	Protein 2g 4%
Sodium	62mg	3%	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, Inulin chicory root fiber, polydextrose fiber, baking powder, organic stevia rebaudiana leaf natural herbal extracts, natural luohanguo monk fruit and salt

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

Net Wt. 11.6 oz. (329g) Approx. 2 1/8 cups

Makes 1- 9" Gluten Free Yellow Cake

**You'll
Need:**



Sour Cream



Oil



Eggs



Vanilla



- ¼ cup melted coconut oil or other oil
- ¼ cup sour cream (from cultured cream, no milk or low fat)
- 4 eggs (medium - large size) beaten
- 1½ tsp vanilla

Directions:

In a large bowl, place entire package of the LC-Gluten Free Cake Mix®. Add the rest of the ingredients and mix thoroughly, 1-2 minutes. Grease & spray either a 9" round cake pan, 8" x 8" square cake pan or 9-10 cupcake tins. Pour batter into prepared pan. Bake at 350° F for 23 minutes or until top springs back and knife inserted into middle comes out clean. Cool 15 minutes in pan before turning out onto cooling rack.

www.HoldTheCarbs.com