

LC-Mac & Cheese®



Diabetic
Friendly
Low
Carb



High Protein

Nutrition Facts

Serving Size ¾ cup (56.4g)
(approx 1¼ cup finished mac & cheese)

Servings per container 4

Amount Per Serving

Calories 179

Calories from Fat 27

		%Daily Value*	
Total Fat	9g	14%	Total Carbohydrate 12.5g 4%
Saturated Fat	3.6g	18%	Dietary Fiber 10.5g 42%
Trans Fat	0g		Sugars 0g 0%
Cholesterol	18mg	6%	Protein 28g 56%
Sodium	460mg	19%	Net Carbs 2g

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

Ingredients: contains a proprietary/patent pending blend of wheat protein isolates, oat fiber, flax seed meal, vital wheat gluten, dehydrated cheddar cheese, cheese cultures & cream, baking powder, salt, natural vegetable gums, yellow 5 & 6, lactic acid & natural enzymes

Allergen Warning: Processed in a facility that uses nuts



Pasta Mix Net Wt. 6.56 oz. (186g) & Cheese Mix Net Wt. 1.4 oz (39.6g) Approx 2¼ cups

Manufactured for LC Foods™
Company, Raleigh NC 27604

Makes 5 Cups of Finished Mac & Cheese

**You'll
Need:**



Olive
Oil



Eggs



Heavy
Cream



White
Vinegar



2 tsp olive oil - 1 egg beaten

1 tsp white vinegar - 1 tsp heavy cream - 1 tsp water

(*See below additional ingredients required for cheese sauce)

Directions to make 2 cups of Mac & Cheese: Place 1 cup of LC-Mac & Cheese Pasta Mix® in a medium bowl. Add remaining ingredients. Combine with a fork, then knead by hand for 20 seconds until even textured. Dough should be dry and not sticky. Process as desired through a pasta machine or place dough on a large piece of parchment paper placed on a cutting board. Cover with plastic wrap and roll out dough very thin with a rolling pin. Remove plastic wrap, and with a sharp knife, cut pasta into long thin strips. Allow to dry uncovered for 20 minutes or more. Bring a pot of water to a boil. Place strips into boiling water, stir to separate strips and cook for 3-5 min depending on thickness, stirring occasionally.

Prepare cheese sauce: In a pan or microwave, melt together 3 Tbsp unsalted butter & 3 Tbsp heavy cream. Add 2½ Tbsp (half) of the cheese powder mix packet, stir until thickened. Add to pasta and toss. Serve or bake as desired.

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