

LC-Mashed Potatoes®



**Diabetic
Friendly
Gluten
Free**



Nutrition Facts

Serving Size 3.25 Tbsp (21g)
(approx 1 cup potatoes prepared)
Servings per container 8
Amount Per Serving
Calories 77
Calories from Fat 9

		%Daily Value*	
Total Fat 0g	0%	Total Carbohydrate 15.8g	5%
Saturated Fat 0g	0%	Dietary Fiber 11g	44%
Trans Fat 0g		Sugars 0g	0%
Cholesterol 0g	0%	Protein 3g	6%
Sodium 129mg	5%	Net Carbs 4.8g	

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

Ingredients: Contains a proprietary/patent pending blend of insoluble dietary fibers, resistant gluten free starches, non-GMO soy protein isolate, whole potato flakes & salt.

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

Manufactured by LC Foods™
Company, Raleigh NC 27604



Net Wt. 6 oz. (168.9g) Approx. 1½ cups

Mix Makes 7-8 Cups LC-Mashed Potatoes

**You'll
Need:**



Heavy
Cream

+



Butter



- 2/3 cups boiling water
- 2 Tbsp plus 1 tsp unsalted melted butter
- 1½ tsp (<1 carb per serving) heavy cream
- 1 med - large head of cauliflower, cut into pieces

Directions for 1/2 bag use: Boil or steam the cauliflower until very tender and drain. Puree in food processor or with hand mixer until smooth. Use a hand masher if you like lumps in your mashed potatoes. In a large mixing bowl place ¾ cups (½ bag) LC-Mashed Potatoes® Mix. Add boiling water, butter and cream and mix together. Add prepared hot pureed cauliflower to bowl and blend together using an electric mixer. Add black pepper, parsley, chives, sour cream, bacon or cheese as desired to taste and serve.