

# LC-Multi Grain Bread Flour®



Diabetic  
Friendly  
Low  
Carb



Net Carbs  
<1g  
Per Serving



More info at  
[HoldTheCarbs.com](http://HoldTheCarbs.com)

## Multi Grain Bread, Hamburger, Hotdog & Dinner Rolls

### Nutrition Facts

Serving Size 1/4 Cup (29.35g)  
Servings per container 8

Amount Per Serving  
Calories 45  
Calories from Fat 11



		%Daily Value*	
<b>Total Fat</b>	1.2g	2%	<b>Total Carbohydrate</b> 3.7g 2%
Saturated Fat	0g	0%	Dietary Fiber 3g 12%
Trans Fat	0g		Sugars 0g 0%
<b>Cholesterol</b>	0g	0%	<b>Protein</b> 4.7g 10%
<b>Sodium</b> 29mg	2%	<b>Net Carbs</b> <1g	

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

**Ingredients:** Contains a proprietary/patent pending blend of wheat protein isolates, chopped brown flax seed, whole flax seed, resistant wheat starches, vital wheat glutens, natural caramel color, and natural enzymes  
**Allergen Warning:** Processed in a facility that uses nuts.

Manufactured for the  
LC Foods Company,  
Raleigh NC 27604  
919-510-6688

Net Wt. 8 oz. (227g) Approx. 1.93 cups

### LC-Multi Grain Bread Flour® Starter Recipe:

#### Small Multi Grain Bread Loaf (5¾" x 3" x 2.15")

- 1 cup LC-Multi Grain Bread Flour®
- ½ tsp LC-Sweet White® or alternative
- ¼ tsp salt
- 1 tsp instant, rapid rise, or bread machine yeast (not active dry)
- 1 Tbsp unsalted butter (melted)
- 1 ½ tsp shortening (non-hydrogenated preferred)
- ¼ cup water



**Directions:** Mix together all dry and then add all wet ingredients. Knead bread dough by hand or in combination with a food processor using a dough blade to develop the gluten film where the dough does not break. Place dough in greased or sprayed loaf pan. Rise dough covered at 80-85° F for 30 min until dough doubles - triples in size. Bake at 375° F for 17-20 min. Cool 15 min in pan before placing on cooling rack.

Find out more at [HoldTheCarbs.com](http://HoldTheCarbs.com) 919-510-6688