

LC-Pasta Flour®

Net Carbs
1g
Per Serving



Diabetic
Friendly
Low
Carb



More info & recipes at
HoldTheCarbs.com

Fettuccine, Pasta Noodles, Egg Noodles, Spaghetti

Nutrition Facts

Serving Size 1/4 Cup (28.25g)
Servings per container 10

Amount Per Serving
Calories 92
Calories from Fat 16

		%Daily Value*	
Total Fat	1.7g	3%	Total Carbohydrate 6g 2%
Saturated Fat	0g	0%	Dietary Fiber 5g 20%
Trans Fat	0g		Sugars 0g 0%
Cholesterol	0g	0%	Protein 13g 26%
Sodium 85mg	3%	Net Carbs 1g	

*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, baking powder and salt.

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. 2.5 cups

LC-Pasta Flour® Starter Recipe:

**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

Directions to makes 2 cups of pasta:

Place 1 cup of LC-Pasta Flour® 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 or squares for ravioli. 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. Strain and serve, or sauté with your favorite pasta accompaniments.

Find out more at **HoldTheCarbs.com** 919-510-6688