

LC-Pie Crust Mix®



Diabetic
Friendly
Low
Carb



Net Carbs
2g
Per Serving

Nutrition Facts

Serving Size 7 tsp (19.5g)
(Approx 1 2.5" pie slice wedge)
Servings per container 16
Amount Per Serving
Calories 73
Calories from Fat 9

%Daily Value*

Total Fat 1g	2%	Total Carbohydrate 9g	3%
Saturated Fat 0g	0%	Dietary Fiber 7g	28%
Trans Fat 0g		Sugars 0g	0%
Cholesterol 0mg	0%	Protein 7g	14%
Sodium 74mg	3%	Net Carbs 2g	

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

Ingredients: Wheat protein isolates, resistant wheat starches, flax seed meal, vital wheat gluten, Inulin (chicory root) fiber, digestion resistant 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 nuts and gluten.

Manufactured by LC Foods™
Company, Raleigh NC 27604



Net Wt. 11oz. (312g) Approx. 3 cups

Makes 2 Standard 9" Pie Crusts

**You'll
Need:**



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(non-hydrogenated recommended)

½ cup (1 stick) unsalted butter (frozen) - 6 Tbsp shortening (frozen)
3 Tbsp & 1 tsp heavy cream - 1 Tbsp white vinegar - Water

In a food processor with an S blade, place the LC-Pie Crust Mix® reserving 3 Tbsp for rolling later. Cut the frozen butter and shortening into chunks, add to the food processor and pulse 5 or 6 times until mixture resembles peas. Place mixture in a medium bowl. Mix heavy cream, vinegar and 3 Tbsp and 1 tsp water together in a small bowl and add to the pie crust mixture, blending with a fork. Using your hands, press dough together, separating into two balls. Coat your rolling pin and surface with the reserved flour. Place each ball on the prepared surface, roll out the dough 10+" to fit a 9" pie plate. Place dough into pie plate, fold the edge under and pinch to form a fluted edge. Cover plate with plastic wrap and refrigerate for 1 hour prior to baking. For filled pies, bake at 425° F for 15 min, then follow pie filling recipe for time and temperature to finish. For unfilled pie shells, bake at 375° F for 18-20 min.

www.HoldTheCarbs.com