

LC-Pizza & Bagel Flour®



Net Carbs
2g
Per Serving

Diabetic
Friendly
Low
Carb

Pizza, Calzones, Strombolis, Bagels, English Muffins

Nutrition Facts

Serving Size 1/4 cup (27.2g)
Servings per container 8

Amount Per Serving
Calories 98
Calories from Fat 18



7 5 4 2 0 5 4 3 0 1 1 2

				%Daily Value*
Total Fat	2g	3%	Total Carbohydrate	9g 3%
Saturated Fat	0g	0%	Dietary Fiber	7g 28%
Trans Fat	0g		Sugars	0g 0%
Cholesterol	0g	0%	Protein	11g 22%
Sodium	31mg	2%	Net Carbs	2g

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

Ingredients: contains a proprietary/patent pending blend of wheat protein isolates, resistant wheat starches, flax seed meal, and vital wheat gluten.

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. 2.08 cups

LC-Pizza & Bagel Flour® Starter Recipe:

Small Pizza 7" - 8" size

¾ cup LC-Pizza & Bagel Flour®

¾ tsp LC-Sweet White® or alternative

1/8 tsp salt

¾ tsp instant, rapid rise, or bread machine yeast (not active dry)

1½ tsp olive oil

¼ cup water



Directions:

Blend LC-Sweet®, salt and yeast directly into flour. Add water and oil. Knead pizza 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. Rise dough covered at 80-85° F for 30 min until dough doubles in size. Mold into desired shape, add toppings and bake with oven rack at highest setting, placing on a recommended pizza screen at 425° F for 9-10 min. For more browning or crispness, broil additionally for 2-3 minutes.

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