

LC-Pizza & Calzone Mix®



**Diabetic
Friendly
Low
Carb**

Nutrition Facts

Mix Serving Size 3 Tbsp (20.3g)
(Approx 1 4"-5" pizza slice wedge)
Servings per container 12
Amount Per Serving
Calories 77
Calories from Fat 9



				%Daily Value*
Total Fat	1g	2%	Total Carbohydrate	8g 3%
Saturated Fat	0g	0%	Dietary Fiber	7g 28%
Trans Fat	0g		Sugars	0g 0%
Cholesterol	0g	0%	Protein	9g 18%
Sodium	119mg	5%	Net Carbs	1g

*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, organic stevia rebaudiana leaf natural herbal extracts, and natural luohan guo monk fruit
Allergen Warning: Processed in a facility that uses nuts

Manufactured for LC Foods™
Company, Raleigh NC 27604

Net Wt. 8.57 oz. (243g) Approx. 2 1/4 cups

Makes 3 8"-10" Pizzas or 3 Large Calzones

Ingredients:

¾ cup of LC-Pizza & Calzone Mix® • 1 ½ tsp olive oil & 2 tsp olive oil
¼ cup & 1 Tbsp warm water • ¾ tsp instant, rapid rise or bread machine yeast

Directions: In a large bowl, place ¾ cup of LC-Pizza & Calzone Mix®, ¼ cup warm water, ¾ tsp yeast (not active dry) and 1 ½ tsp olive oil. Mix together using the recommended dough scraper. Scoop and blend dough until all the water has been absorbed, continuing to knead until dough dries and is easier to handle. Add additional water of 1 Tbsp as you knead and process the dough further. Place dough on a cutting board and use a traditional kneading technique to bend and fold the dough until the gluten begins to develop. It is very helpful but not mandatory to use a food processor with a dough blade to assist in developing the gluten. Use the food processor in less than 1 min increments so you don't overheat the dough, alternating with hand kneading one or two times, finishing with the processor to tenderize your dough. Prepare a bowl with remaining 2 tsp of olive oil, coating the bottom and sides. Place dough in the bowl and cover with plastic wrap. Place low in warm 80-85° F oven for 30 min, or at room temp for 1 hour, until dough doubles or triples in size. Pound down dough to remove air bubbles, and mold dough into desired shape, forming a crust edge as desired. For crispier pizza, prebake pizza shell with oven rack in the highest setting on recommended pizza screen at 425° F for 2-3 min. Add toppings and continue to bake for 8-11 min depending on your oven, until bottom and top is somewhat browned. Double or triple the recipe for larger desired pizza sizes.

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