



# LC-Snack Pack®



## Raspberry, Coconut, Pumpkin Seed

**Diabetic  
Friendly  
Gluten  
Free**

Net Carbs  
**4g**  
Per Serving

**Paleo  
Ketogenic  
LCHF  
Friendly**

### Nutrition Facts

Calories 161

Calories from Fat 113

Amount Per Serving

Serving Size ½ cup (27.5g)

Servings per container 1

%Daily Value\*

<b>Total Fat</b> 12.5g	<b>19%</b>	<b>Total Carbohydrate</b> 7g	<b>2%</b>
Saturated Fat 5g	<b>25%</b>	Dietary Fiber 3g	<b>12%</b>
Trans Fat 0g		Sugars 1g	
<b>Cholesterol</b> 0mg	<b>0%</b>	<b>Protein</b> 5g	<b>10%</b>
<b>Sodium</b> 5mg	<b>0%</b>	<b>Net Carbs</b> 4g	

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

**Ingredients:** Roasted hulled unsalted pumpkin seeds (pepitas), flaked unsweetened toasted coconut, dehydrated whole raspberries.

**Allergen Warning:** Processed in a facility that uses gluten & nuts.



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Manufactured by:

LC-Foods® Corp

Raleigh, NC 27604

[www.HoldTheCarbs.com](http://www.HoldTheCarbs.com)

**Net Wt. 1.0 oz. (27.5g) (Mix Weight  
May Vary)**