

Sample LC-Thick'n Potatoes®



Directions to thicken: Steam or boil 1 head of cauliflower well done. Puree or mash as desired. Mix in package of Thick'n Potatoes.® Feel free to add salt, pepper, butter, heavy cream, cream cheese, garlic, sour cream, shredded cheese, parsley flakes or bacon bits as desired.

**Diabetic
Friendly
Gluten
Free**

www.HoldTheCarbs.com

Nutrition Facts

Serving Size 1 tsp (3g)
Servings per container 1½
Amount Per Serving
Calories 8
Calories from Fat 0

		%Daily Value*	
Total Fat 0g	0%	Total Carbohydrate 2g	1%
Saturated Fat 0g	0%	Dietary Fiber 2g	8%
Trans Fat 0g		Sugars 0g	0%
Cholesterol 0mg	0%	Protein 0g	0%
Sodium 86mg	4%	Net Carbs 0g	

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

Manufactured for LC Foods™
Company, Raleigh NC

Ingredients: Contains a proprietary/patent pending blend of natural vegetable, natural plant, and natural tree gums, gluten free tapioca starch and natural konjac glucomannan plant fiber.

Warning: Processed in a facility that also uses wheat gluten

Net Wt. .15 oz (4.5g) Approx. 1 ½ tsp