

# LC-Thick'n Potatoes®



Diabetic Friendly  
NO Carbs



Diabetic Friendly  
Gluten Free

Fauxtatoes

Mock Cauliflower

Potatoes

## Nutrition Facts

Serving Size 1 tsp (3g)  
Servings per container 36

Amount Per Serving  
Calories 8  
Calories from Fat 0



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

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

**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

Find out more at [HoldTheCarbs.com](http://HoldTheCarbs.com) 919-510-6688

Net Wt. 4 oz. ( 115g) Approx. 3/4 cups

Manufactured for LC Foods™  
Company, Raleigh NC 27604



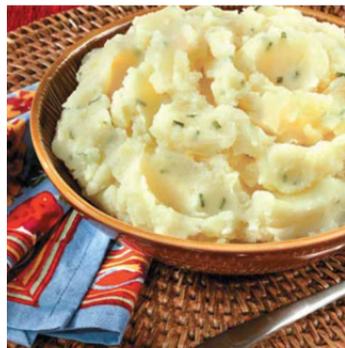
LC-Thick'n Potatoes® makes potato like cauliflower

### Directions for making Fauxtatoes

Boil or steam your cauliflower until well done, when a fork goes easily into the thickest part of the stem. Drain, but do not dry cauliflower off. While still hot, puree, mash or food process to your desired potato-like consistency. If you like lumpy potatoes then before pureeing, reserve some cauliflower aside and mash manually to add back in. Stir or beat in 1½ tsp of Thick'n Potatoes® for each head of cauliflower used.

### Now, ready to spruce them up?

Once your fauxtatoes are thickened and starched to your desired consistency and taste with the LC-Thick'n Potatoes®, feel free to add salt, pepper, butter, 0 carb heavy cream, and cream cheese. Garnish with LC-Sour Cream®, shredded cheese, parsley flakes and bacon bits as desired.



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