

LC-Thick'n Saucy®

Diabetic
Friendly
Gluten
Free



Net Carbs
0g
Per Serving

No
Lactose
Low
Carb

Smooth & Even Texture

Nutrition Facts

Serving Size 1 tsp (2.9g)
Servings per container 36
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	0g	0%	Protein 0g 0%
Sodium	102mg	4%	Net Carbs 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.

Warning: Processed in a facility that also uses wheat gluten



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

Net Wt. 3.7 oz. (107g) Approx. 3/4 cups

Manufactured for LC Foods™
Company, Raleigh NC 27604

Thick'n Saucy® Will thicken both hot and cold liquids
Thinner sauce add 1 tsp per cup of liquid
Medium gravy or dressing add 1-1/2 tsp per cup
Thicker syrup add 2 tsp per cup of liquid



To thicken, sprinkle Thick'n Saucy® into your hot or cold liquid, broth or stock. Stir thoroughly with a whisk and allow to stand and settle for 5-10 minutes. This time will allow the remainder of the thickener to be absorbed by the liquids. Boiling to thicken is not necessary and does nothing to help the thickening process. Stir additionally as needed for any remaining lumps. Your finished sauce, gravy, or dressing will be smooth and perfect!

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