

# LC-Toasted Coconut Chips<sup>®</sup>



Paleo  
Ketogenic  
LCHF  
Friendly

Diabetic  
Friendly  
Gluten  
Free



Net Carbs  
**2g**  
Per Serving

## Nutrition Facts

Serving Size 9.75 tsp (15g)  
Servings per container 20

Amount Per Serving

**Calories** 110

Calories from Fat 90

		%Daily Value*	
<b>Total Fat</b> 10g	<b>15%</b>	<b>Total Carbohydrate</b> 4g	<b>1%</b>
Saturated Fat 9g	<b>45%</b>	Dietary Fiber 2g	<b>8%</b>
Trans Fat 0g		Sugars 1g	<b>0%</b>
<b>Cholesterol</b> 0g	<b>0%</b>	<b>Protein</b> 1g	<b>2%</b>
<b>Sodium</b> 5mg	<b>0%</b>	<b>Net Carbs</b> 2g	

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

**Ingredients:** Toasted dehydrated unsulfured unsweetened coconut meat

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

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

Net Wt. 10.6 oz. ( 300g ) Approx. 4 cups



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Manufactured for LC Foods<sup>™</sup>  
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