

# LC-Tortilla Chips®



**Diabetic  
Friendly  
Gluten  
Free**

**Net Carbs  
<2g  
Per Serving**

## Nutrition Facts

Mix Serving Size 10.6 tsp (26.4g)  
(approx 5 - 2 1/4" x 2 1/4" tortilla chips)  
Servings per container 9  
Amount Per Serving  
**Calories 122**  
Calories from Fat 52

			%Daily Value*
<b>Total Fat</b> 5.8g	<b>9%</b>	<b>Total Carbohydrate</b> 10.8g	<b>4%</b>
Saturated Fat 0g	<b>0%</b>	Dietary Fiber 9g	<b>36%</b>
Trans Fat 0g		Sugars 0g	<b>0%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>	<b>Protein</b> 6.6g	<b>13%</b>
<b>Sodium</b> 107mg	<b>5%</b>	<b>Net Carbs</b> 1.8g	

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

**Ingredients:** A proprietary blend of almond, coconut and tapioca flours, golden flax meal, whey protein and baking soda.

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

Net Wt. 8.4 oz. (237.9g) Approx. 2 cups



Manufactured by LC Foods™  
Company, Raleigh NC 27604

### Makes approx 45 Tortilla Chips 2 1/4" x 2 1/4"

You'll  
Need:



### Directions for making 22 Tortilla Chips (uses 1/2 bag of mix):

In a medium bowl, place 1 cup of LC-Tortilla Chip Mix®. Add 1 tsp of vegetable oil or other oil. Add 3 Tbsp of water and mix together thoroughly. Prepare a sheet of parchment paper by brushing the entire sheet lightly with oil. Place dough onto parchment paper and cover with plastic wrap. Press down and roll out with a rolling pin as paper thin as possible. Remove plastic wrap and brush the entire top of dough lightly with oil. Lightly salt evenly and place (with the parchment paper) on a cookie sheet. Bake at 375° F for 9-11 minutes. Remove from oven, and break apart into tortilla size chips. Allow chips to completely cool uncovered. For authentic looking tortilla shapes, roll dough into 2" balls and press round using a tortilla press. Fry or bake as desired in traditional shapes.

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