

# Sample LC-Vanilla Frosting®

**Diabetic  
Friendly  
Low  
Carb**



Directions: In a bowl, stir together LC-Vanilla Frosting Mix® & ¾ tsp water, mix thoroughly. Next whip in 2 tsp softened unsalted butter, or cream cheese and 2 drops of vanilla. Frosting thickens as it sits. Enjoy!

**Net Carbs**  
**0g**  
Per Serving

**Artificial  
Sweetener  
FREE**

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

## Nutrition Facts

Serving Size 1 Tbsp (8.8g)  
Servings per container 1.3  
Amount Per Serving  
**Calories 37**  
Calories from Fat 0

|                        |           | %Daily Value*                  |            |
|------------------------|-----------|--------------------------------|------------|
| <b>Total Fat</b> 0g    | <b>0%</b> | <b>Total Carbohydrate</b> 9.2g | <b>3%</b>  |
| Saturated Fat 0g       | <b>0%</b> | Dietary Fiber 9.2g             | <b>37%</b> |
| Trans Fat 0g           |           | Sugars 0g                      | <b>0%</b>  |
| <b>Cholesterol</b> 0mg | <b>0%</b> | <b>Protein</b> 0g              | <b>0%</b>  |
| <b>Sodium</b> 30mg     | <b>1%</b> | <b>Net Carbs</b> 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 Inulin (chicory root) fiber, soluble dietary fiber, digestion resistant polydextrose fiber, organic stevia rebaudiana leaf natural herbal extracts, natural luohanguo monk fruit, and natural dietary vegetable plant fiber. Warning: Processed in a facility that also uses wheat gluten

Net Wt. .4 oz. (11.75g) Approx. 4 tsp