

# LC-White Bread Flour®



More info & recipes at  
[HoldTheCarbs.com](http://HoldTheCarbs.com)

## Sandwich Bread, Hamburger, Hotdog & Dinner Rolls

### Nutrition Facts

Serving Size 1/4 Cup (26.24g)  
Servings per container 8.6

Amount Per Serving

Calories 104

Calories from Fat 18

%Daily Value\*

<b>Total Fat</b> 2g	<b>3%</b>	<b>Total Carbohydrate</b> 9.6g	<b>3%</b>
Saturated Fat 0g	0%	Dietary Fiber 8g	32%
Trans Fat 0g		Sugars 0g	0%
<b>Cholesterol</b> 0g	<b>0%</b>	<b>Protein</b> 12g	<b>24%</b>
<b>Sodium</b> 88mg	<b>4%</b>	<b>Net Carbs</b> 1.6g	

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

**Ingredients:** contains a proprietary/patent pending blend of wheat protein isolates, resistant wheat starches, flax seed meal, vital wheat glutes, and natural enzymes. Allergen Warning: Processed in a facility that uses nuts



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Net Wt. 8 oz. ( 227g) Approx. 2.1 cups

Manufactured by the  
LC Foods Company,  
Raleigh NC 27604  
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