

LC-Soft Rolls® Hotdog, Hamburger, Sub



Diabetic
Friendly
Low
Carb



Net Carbs
2g
Per Serving

Nutrition Facts

Serving Size 6.5 Tbsp (39.7g)

(approx 1 - 3" roll prepared)

Servings per container 8

Amount Per Serving

Calories 155

Calories from Fat 27

		%Daily Value*	
Total Fat	3g	5%	Total Carbohydrate 14g 5%
Saturated Fat	0g	0%	Dietary Fiber 12g 48%
Trans Fat	0g		Sugars 0g 0%
Cholesterol	0g	0%	Protein 18g 36%
Sodium	353mg	15%	Net Carbs 2g

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

Ingredients: Wheat protein isolates, resistant wheat starches, flax seed meal, vital wheat gluten, Inulin (chicory root) fiber, digestion resistant polydextrose fiber, baking powder, salt, organic stevia rebaudiana leaf, natural Luo Han Guo monk fruit & natural enzymes.

Allergen Warning: Processed in a facility that uses nuts

Net Wt. 11oz. (318g) Approx. 3.2 cups

Makes 6 - 4" Hamburger Rolls or 8 - 3" Dinner Rolls

Ingredients: 2 Tbsp (20g) instant, rapid or bread machine yeast (not active dry)
3 Tbsp plus 1 tsp unsalted butter, melted
2/3 cup room temp water
1 3/4 tsp white vinegar

Directions: In a large bowl, place entire package of LC-Soft Roll Mix®. Add yeast and mix. Add butter, water & vinegar. Mix together vigorously, blending the dough for 2-4 minutes using kneading techniques to develop the membrane and developing the gluten.

For Dinner Rolls: Separate dough into 8 equal portioned balls. Place tight in a row in a sprayed baking pan or rolls form pan. Cover with plastic wrap. Place in a warm draft free area at 80-85° F for 1 hour minutes until dough more than doubles in size. Bake at 375° F. Uncover rolls. If desired brush tops with egg yolk and cream & sprinkle with salt. Bake in center of oven for 12 - 15 min.

For Hamburger, Hotdog, Sub Rolls: Separate dough into 6 equal portioned roll shapes. Spray a 9" x 12" pan, & place shapes evenly spaced, or use metal or glass form bowls, baking rings, or LC-Hamburger or LC-Hotdog Form Pans. Cover with plastic wrap. Place in a warm draft free area at 80-85° F for 1 hour until dough more than doubles in size. Bake at 375° F. in center of oven for 12 - 15 min. Rolls can be refrigerated or frozen.

www.lowcarbfoods.com

Manufactured by LC Foods™
Company, Raleigh NC 27604