



# LC-Snack Pack®



## Spicy Fire Roasted Pepitas

**Diabetic  
Friendly  
Gluten  
Free**

**Net Carbs**  
**3g**  
Per Serving

**Paleo  
Ketogenic  
LCHF**

### Nutrition Facts

Amount Per Serving  
Serving Size ¼ cup (34.3g)  
Servings per container 2

Calories 182

Calories from Fat 126

%Daily Value\*

|                        |            |                              |            |
|------------------------|------------|------------------------------|------------|
| <b>Total Fat</b> 14g   | <b>22%</b> | <b>Total Carbohydrate</b> 6g | <b>2%</b>  |
| Saturated Fat 3g       | <b>15%</b> | Dietary Fiber 3g             | <b>12%</b> |
| Trans Fat 0g           |            | Sugars 0g                    |            |
| <b>Cholesterol</b> 0mg | <b>0%</b>  | Protein 8g                   | <b>16%</b> |
| <b>Sodium</b> 150mg    | <b>6%</b>  | <b>Net Carbs</b> 3g          |            |

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

**Ingredients:** Organic fire roasted pepita pumpkin seeds, organic habanero pepper, organic chili pepper, sea salt.

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



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Manufactured by:  
LC-Foods® Corp  
Raleigh, NC 27604  
[www.HoldTheCarbs.com](http://www.HoldTheCarbs.com)

**Net Wt. 2.4 oz. (68.6g) (Mix Weight  
May Vary)**