



LC-Snack Pack[®]



Spicy Pepitas & Jack Cheese

**Diabetic
Friendly
Gluten
Free**

Net Carbs
2g
Per Serving

**Sugar
Free
Low
Carb**

Nutrition Facts

Amount Per Serving
Serving Size ¼ cup (28.4g)
Servings per container 2

Calories 176

Calories from Fat 126

%Daily Value*

Total Fat 14g	22%	Total Carbohydrate 3.5g	1%
Saturated Fat 5g	25%	Dietary Fiber 1.5g	6%
Trans Fat 0g		Sugars 0g	
Cholesterol 16mg	5%	Protein 9g	18%
Sodium 183mg	8%	Net Carbs 2g	

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

Ingredients: Organic fire roasted pepita pumpkin seeds, freeze dried monterey jack cheese, organic habanero pepper, organic chili pepper, sea salt.

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



Manufactured by:
LC-Foods[®] Corp
Raleigh, NC 27604

www.HoldTheCarbs.com

Net Wt. 2.0 oz. (56.8g) (Mix Weight May Vary)