

LC-Bread Stuffing Mix®

Diabetic
Friendly
Low
Carb



Net Carbs
1g
Per Serving

Nutrition Facts

Serving Size 7.2 tsp (16.4g)
(approx ½ cup of prepared stuffing)
Servings per container 10
Amount Per Serving
Calories 61
Calories from Fat 9



%Daily Value*

Total Fat 1g	2%	Total Carbohydrate 6g	2%
Saturated Fat 0g	0%	Dietary Fiber 5g	20%
Trans Fat 0g		Sugars 0g	0%
Cholesterol 0g	0%	Protein 7g	14%
Sodium 155mg	7%	Net Carbs 1g	

*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, green parsley, baking powder, salt, black pepper, organic stevia, natural luo han guo monk fruit and natural enzymes.

Allergen Warning: Processed in a facility that uses nuts

Net Wt. 5.8 oz. (164g) Approx. 1 ½ cups

Manufactured for LC Foods™
Company, Raleigh NC 27604

Makes 5 Cups or more of Bread Stuffing

Ingredients:

- ¼ & ¼ cup melted butter
- ¼ cup melted coconut oil or other oil
- 4 eggs (medium - large size) beaten
- 1/3 - 1/2 cup chopped celery
- 1/3 - 1/2 cup chopped onion
- 1 ½ cups chicken broth or bouillon, or vegetable broth
- 1 tsp poultry seasoning

Directions to make the bread cubes:

Place the entire package of LC-Bread Stuffing Mix® into a large bowl. Add ¼ cup of the butter, oil & eggs, mixing thoroughly. Grease or spray a medium size bread loaf pan. Place batter into pan and bake on a higher rack at 400° F for 30-32 min. Remove from the oven, adjust oven temp to 425° F. Immediately before cooling, slice the bread the long way into ¾" thick strips or slabs, and place on a wire rack or screen. Return to the heated oven on the wire rack or screen and turn off the oven immediately. Allow the bread slabs to dry undisturbed as the oven cools for 30 min. Remove from the oven, and slice each slab into long ¾" wide strips and then into bread cubes. Set aside 4½ cups (270g) bread cubes for extra moist stuffing or 5 cups (300g) for standard moistness.

To make the stuffing: In a medium saucepan, sauté celery & onion with ¼ cup of butter. Add broth and poultry seasoning and bring to a boil while stirring. Remove pan from heat, add bread cubes, stir to coat until all the bread is moistened. Cover and allow to set for 20 minutes. Uncover, and mash stuffing to desired consistency if desired. Fluff and serve, or refrigerate until serving. Optional: add cranberries, sausage, chestnuts or macadamia nuts.



Find out more at HoldTheCarbs.com 919-510-6688