

# LC-Peanut Butter Fudge®



**Diabetic  
Friendly  
Gluten  
Free**



**NO  
Maltitol  
Sugar Alcohol  
FREE**

**Net Carbs  
<1g  
Per Serving**

## Nutrition Facts

Mix Serving Size 5½ tsp (13.5g)  
(approx 1½" x 1½" fudge square)  
Servings per container 22  
Amount Per Serving  
**Calories 52**  
Calories from Fat 2

		%Daily Value*	
<b>Total Fat</b>	.2g	<b>0%</b>	<b>Total Carbohydrate</b> 9.7g <b>3%</b>
Saturated Fat	0g	<b>0%</b>	Dietary Fiber 9g <b>36%</b>
Trans Fat	0g		Sugars 0g <b>0%</b>
<b>Cholesterol</b>	1mg	<b>0%</b>	<b>Protein</b> 2.8g <b>6%</b>
<b>Sodium</b>	8mg	<b>0%</b>	<b>Net Carbs</b> .7g

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

**Ingredients:** Contains a proprietary/patent pending blend of Inulin fiber, 100% Non-GMO organic defatted peanuts, soluble dietary fiber, digestion resistant polydextrose fiber, whey protein isolate, organic stevia rebaudiana leaf, natural luco han guo monk fruit, and natural dietary vegetable plant fiber.

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



Net Wt. 10.5 oz. (298g) Approx. 2 ½ cups

Manufactured for LC Foods™  
Company, Raleigh NC 27604

Mix makes 22 pieces of 1½" x 1½" fudge

**You'll  
Need:**



Butter

+



Cream

+



Vanilla



¼ cup & 1 tsp 0 carb per serving heavy cream

¼ cup & 1 tsp melted unsalted butter

¼ cup & 1 tsp water

1 Tbsp vanilla extract

½ cup chopped walnuts (optional)

**Directions:** Prepare an 8 x 8 pan or molds of your choice by lining with plastic wrap. Pour entire package of LC-Peanut Butter Fudge Mix® into a medium mixing bowl. Add butter, cream, water and vanilla. Stir and then whip fudge together with a heavy spoon. Immediately transfer into the prepared pan or molds before it sets. Press down with hands to desired thickness. Cover and refrigerate for 1 or more hours. Cut into squares, and refrigerate until serving. Option: To make cream cheese fudge, add 4 oz of cream cheese with the other wets. **Note:** LC-Peanut Butter Fudge® is very high in fiber & may add significantly to your total fiber intake. Make sure to observe portion size when eating a lot of fiber in your diet.

[www.HoldTheCarbs.com](http://www.HoldTheCarbs.com)