

LC-Pan Bread Mix®



**Diabetic
Friendly
Low
Carb**

**Net Carbs
1g
Per Serving**

Nutrition Facts

Serving Size 3 Tbsp (19g)
(approx 1 bread slice prepared)
Servings per container 12
Amount Per Serving
Calories 69
Calories from Fat 9



		%Daily Value*	
Total Fat	1g	2%	Total Carbohydrate 7g 3%
Saturated Fat	0g	0%	Dietary Fiber 6g 24%
Trans Fat	0g		Sugars 0g 0%
Cholesterol	0g	0%	Protein 8g 16%
Sodium	179mg	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, baking powder, salt, organic stevia rebaudiana leaf natural herbal extracts, natural luo han guo monk fruit and natural enzymes.

Allergen Warning: Processed in a facility that uses nuts

Manufactured for LC Foods™
Company, Raleigh NC 27604

Net Wt. 8.2 oz. (233g) Approx. 2 1/4 cups

Makes 1 large loaf or 6 hamburger or hotdog rolls

**You'll
Need:**



Butter



Oil



Eggs



- 1/3 cup & 4 1/2 tsp melted unsalted butter
- 1/3 cup & 2 tsp melted coconut oil or other oil
- 6 eggs (medium - large size) beaten

Directions:

In a large bowl, place entire package of the LC-Pan Bread Mix®. Add the rest of the ingredients and mix thoroughly. Grease & spray either one large bread loaf pan (approx 9.25 x 5.25 x 2.75), 3 small bread loaf pans (approx 5.75 x 3 x 2.15). Using LC-Hotdog or LC-Hamburger form pans (no grease or spray needed). For large bread loaves bake at 350° F for 30-35 min, and insure center is fully baked by inserting a knife into the center that comes out clean. For small loaves or rolls, bake at 400° F for 15-17 minutes. Cool 15 minutes in pan before turning out onto a cooling rack.

www.HoldTheCarbs.com