LC-Raspberry Scones®

Diabetic Friendly Low Carb

LC Foods For Low Carb Living®

Net Carbs 1.5g Per Serving

Nutrition Facts

Serving Size 6 ¾ tsp (16g)
(1/2 - 4" large scone prepared)
Servings per container 16

Amount Per Serving
Calories 59
Calories from Fat 9

	%Daily Value*		
Total Fat 1g	**2%**	**Total Carbohydrate** 7.5g	**3%**
Saturated Fat 0g	**0%**	Dietary Fiber 6g	**24%**
Trans Fat 0g		Sugars 0g	
Cholesterol 0g	**0%**	**Protein** 5g	**10%**
Sodium 98mg	**4%**	**Net Carbs** 1.5g	

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

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Ingredients: Wheat protein isolates, resistant wheat starches, flax seed meal, vital wheat gluten, Inulin (chicory root) fiber, digestion resistant polydextrose fiber, raspberries, baking powder, baking soda, 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. 9 oz. (256.5g) Approx. 2 ¼ cups

Mix Makes 8 Large Raspberry Scones

You'll Need:

LC Foods For Low Carb Living®

2 egg whites (beaten)
8 Tbsp unsalted butter (cold or frozen, very finely chopped)
¼ cup sour cream (1 carb from cultured cream - not from milk)

Directions: Chill a cookie sheet in the refrigerator. In a food processor with S blade, place entire package of the LC-Raspberry Scone Mix.® Add butter and pulse processor 2-3 times ONLY to cut in the butter and fruit. This can be done by hand also. Place scone mix into a medium bowl. In a small bowl, beat egg whites and sour cream together and gently fold into the scone mix. Do not beat or over mix, stir just until fully combined. Preheat oven to 375° F. Separate dough into two equal portions. Press each portion out on a cutting board to about a 7" diameter circle and about ¼" thick. Cut into 4 triangles or circles using a biscuit cutter and place onto the chilled ungreased cookie sheet. Place on a rack higher in the oven and bake for 13-15 minutes. For softer & more flaky scones, replace 2 egg whites with 1 egg yolk and add 1-2 Tbsp water as needed.