

# LC-Pie Crust Mix®



Diabetic  
Friendly  
Low  
Carb



Net Carbs  
**2g**  
Per Serving

## Nutrition Facts

Serving Size 7 tsp (19.5g)  
(Approx 1 2.5" pie slice wedge)  
Servings per container 16  
Amount Per Serving  
Calories 73  
Calories from Fat 9

%Daily Value\*

<b>Total Fat</b> 1g	<b>2%</b>	<b>Total Carbohydrate</b> 9g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>	Dietary Fiber 7g	<b>28%</b>
Trans Fat 0g		Sugars 0g	<b>0%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>	<b>Protein</b> 7g	<b>14%</b>
<b>Sodium</b> 74mg	<b>3%</b>	<b>Net Carbs</b> 2g	

\*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, organic stevia rebaudiana leaf natural, herbal extracts, natural luo han guo monk fruit, and salt.

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

Manufactured by LC Foods™  
Company, Raleigh NC 27604



Net Wt. 11oz. (312g) Approx. 3 cups

## Makes 2 Standard 9" Pie Crusts

**You'll  
Need:**



Heavy  
Cream

+



Butter

+



White  
Vinegar

+



Shortening

(non-hydrogenated recommended)

½ cup (1 stick) unsalted butter (frozen) - 6 Tbsp shortening (frozen)  
3 Tbsp & 1 tsp heavy cream - 1 Tbsp white vinegar - Water

In a food processor with an S blade, place the LC-Pie Crust Mix® reserving 3 Tbsp for rolling later. Cut the frozen butter and shortening into chunks, add to the food processor and pulse 5 or 6 times until mixture resembles peas. Place mixture in a medium bowl. Mix heavy cream, vinegar and 3 Tbsp and 1 tsp water together in a small bowl and add to the pie crust mixture, blending with a fork. Using your hands, press dough together, separating into two balls. Coat your rolling pin and surface with the reserved flour. Place each ball on the prepared surface, roll out the dough 10+'' to fit a 9'' pie plate. Place dough into pie plate, fold the edge under and pinch to form a fluted edge. Cover plate with plastic wrap and refrigerate for 1 hour prior to baking. For filled pies, bake at 425° F for 15 min, then follow pie filling recipe for time and temperature to finish. For unfilled pie shells, bake at 375° F for 18-20 min.

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