

LC-Pumpkin Bread®



Net Carbs
1g
Per Serving

Diabetic
Friendly
Low
Carb

Artificial
Sweetener
FREE

Nutrition Facts

Serving Size 9¾ tsp (21g)
(approx 1 bread slice prepared)
Servings per container 12
Amount Per Serving
Calories 73
Calories from Fat 9

		%Daily Value*	
Total Fat	1g	2%	Total Carbohydrate 8g 3%
Saturated Fat	0g	0%	Dietary Fiber 7g 28%
Trans Fat	0g		Sugars 0g 0%
Cholesterol	0g	0%	Protein 8g 16%
Sodium	230mg	10%	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, natural luo han guo monk fruit, natural brown sugar flavoring, pumpkin pie spice, natural caramel color & natural enzymes.

Allergen Warning: Processed in a facility that uses nuts

Manufactured by LC Foods™
Company, Raleigh NC 27604



Net Wt. 8.9 oz. (253g) Approx. 2-1/3 cups

Makes 1 large or 3 small pumpkin breads

**You'll
Need:**



Butter



Pumpkin



Eggs



Cream



- 7 Tbsp unsalted melted butter slightly cooled
- ¼ cup 0 carb per serving heavy cream
- 6 egg whites, beaten
- ¾ cup (6.5 oz) canned or fresh mashed pumpkin
- ¼ - ½ cup (2 oz) finely chopped walnuts (optional)

Directions: In a large bowl, place the entire package of the LC-Pumpkin Bread Mix®. In a separate bowl, combine eggs, butter, pumpkin & cream. Add wet ingredients into dry, mixing to combine. Add optional ¼ - ½ cup of nuts if desired. Spray one large bread loaf pan (approx 9.25 x 5.25 x 2.75), or 3 small bread loaf pans (approx 5.75 x 3 x 2.15). For the large pumpkin bread, bake at 350° F for 35-40 min, insuring center is fully baked by inserting a knife into the center that comes out clean. For small loaves, bake at 400° F for 18-22 min. Cool 15 minutes in the pan.

www.HoldTheCarbs.com