

LC-Chocolate Cake Mix[®]



**Artificial
Sweetener
FREE**

**Diabetic
Friendly
Low
Carb**

**Net Carbs
1g
Per Serving**



Nutrition Facts

Serving Size 3 Tbsp (21.5g)
(approx. one 2" wedge prepared)
Servings per container 11
Amount Per Serving
Calories 77
Calories from Fat 9

		%Daily Value*	
Total Fat	1g	2%	Total Carbohydrate 11g 4%
Saturated Fat	0g	0%	Dietary Fiber 10g 40%
Trans Fat	0g		Sugars 0g 0%
Cholesterol	0g	0%	Protein 6g 12%
Sodium	178mg	8%	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, cocoa, 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 by LC Foods[™]
Company, Raleigh NC 27604

Net Wt. 9 oz. (256g) Approx. 2 1/4 cups

Makes one 9" cake or 9 cupcakes

**You'll
Need:**



- 1/3 cup & 2 tsp melted coconut oil or other oil
- 2 1/2 Tbsp (0 carb per serving) heavy cream
- 3 eggs (medium - large size) beaten
- 2 1/4 tsp vanilla
- 2 1/2 Tbsp water

Directions:

In a large bowl, place entire package of the LC-Chocolate Cake Mix[®]. Add the rest of the ingredients and mix thoroughly, 1-2 minutes. Grease & spray either a 9" round cake pan, 8" x 8" square cake pan or 9-10 cupcake tins. Pour batter into prepared pan. Bake at 350° F for 23 minutes or until top springs back and knife inserted into middle comes out clean. Cool 15 minutes in pan before turning out onto cooling rack.

www.HoldTheCarbs.com