

Vegetable Dip Mix
Dutch Valley Foods
June 7, 2006

Nutrition Facts	
Serving Size 2 tablespoons (prepared) (30g)	
Servings Per Container	
Amount Per Serving	
Calories 60	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 3g	16%
Trans Fat 0g	
Cholesterol 20mg	6%
Sodium 200mg	8%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Sugars 2g	
Protein 1g	
Vitamin A 4%	Vitamin C 4%
Calcium 4%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Ingredients: Dextrose, maltodextrin, salt, carrots, onion, garlic salt (salt, garlic, silicon dioxide, red & green bell peppers, broccoli, broth mix (dextrose, salt, monosodium glutamate, lactose, potato flour, soybean oil, celery, turmeric, onion powder, lecithin, parsley, spices), citric acid, monosodium glutamate, parsley, black pepper, silicon dioxide, dill weed, natural flavor.

Allergen Information

**Contains: Milk and Soy Ingredients.

**Packaged in a facility that also processes products containing: peanuts, tree nuts, soybeans, milk, egg, fish, crustaceans shellfish and wheat ingredients.

Mixing Instructions

8 oz Sour Cream

3 Tbsp. Vegetable Dip Mix

-Mix together well, refrigerate for 15 or more minutes, serve.