

Lancaster Fresh™

Artichoke & Spinach

GOURMET DIP MIX

NET WT 1 OZ (28g)

Simple to prepare!

Ingredients needed:

- Artichoke & Spinach Dip Mix
- 1 cup sour cream
- 1 cup mayonnaise (Do not use salad dressing such as Miracle Whip®, use real mayonnaise.)
- 1/2 cup grated Parmesan cheese, optional

You may use lowfat or nonfat products with this mix, although results may vary.

Complete directions and recipe inside!

Ingredients: spinach, artichoke, onions, red bell pepper, natural vegetarian chicken flavored broth powder (maltodextrin, salt, autolyzed yeast extract, natural flavor, dehydrated vegetables [onion, celery, spinach, garlic, carrot], potato flour, soybean oil, xanthan gum, spices, extractive of spices, and lecithin), spices and coloring.

Contains: soy

For optimum shelf life, store dry mix in your refrigerator or freezer.

Distributed By:
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Nutrition Facts

Serving Size 2 Tablespoons (32g)
Servings Per Container about 17

Amount Per Serving	Mix	with added ingredients
Calories	4	94
Calories from Fat	0	72
% Daily Value**		
Total Fat 0g*	0%	12%
Saturated Fat 0g	0%	25%
Trans Fat 0g	-	-
Cholesterol 0mg	0%	8%
Sodium 30mg	1%	6%
Total Carbohydrate 1g	0%	1%
Dietary Fiber 0g	0%	0%
Sugars 0g	-	-
Protein 0g	-	-
Vitamin A	6%	8%
Vitamin C	1%	2%
Calcium	0%	7%
Iron	0%	0%

*Amount in Artichoke & Spinach Dip Mix. Added ingredients contribute an additional 90 calories, 8g total fat, 5g saturated fat, 0g trans fat, 23mg cholesterol, 102mg sodium, 1g total carbohydrate (0g sugar), 3g protein.

**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

ARTICHOKE & SPINACH DIP MIX™

Ingredients needed:

☉ Artichoke & Spinach Dip Mix

☉ 1 cup sour cream

☉ 1 cup mayonnaise (Do not use salad dressing such as Miracle Whip®, use real mayonnaise.)

☉ 1/2 cup grated Parmesan cheese, *optional*

You may use lowfat or nonfat products with this mix, although results may vary.

Directions:

Blend mayonnaise, sour cream and Parmesan cheese, if desired. Add entire packet of mix. Mix well. Chill minimum of 4 hours. Stir before serving. Serve with tortilla chips, crackers, pieces of bread (i.e., pumpernickel, toasted sourdough, Jewish Rye, etc.) or vegetables. Keep prepared dip refrigerated.

Serving idea:

Mix dip according to directions and serve dip in a carved-out loaf of round dark bread or sourdough bread. This will be your serving bowl. Use pieces of bread you carved out for dipping. "Bowl" may also be torn into pieces and eaten.

Variation:

For a less "rich" dip, use 1-1/2 cups of sour cream and 1/2 cup of mayonnaise. Add entire packet of mix. Mix well. Chill 4 hours.

HOT ARTICHOKE & SPINACH DIP

☉ 1 packet Artichoke & Spinach Dip Mix

☉ 1 cup sour cream

☉ 8 oz. cream cheese*, softened (for a "cheesier" dip add 16 oz.)

☉ 1/2 cup grated Parmesan cheese

☉ 1 cup shredded Monterey Jack cheese

Preheat oven to 350°. Blend cream cheese, sour cream, Parmesan cheese and Monterey Jack cheese. Add entire packet of mix. Mix well. Place mixture in a buttered, oven-proof baking dish. Bake for 30 minutes or until light golden brown on top. Serve with tortilla chips or toasted bread points.

Slow cooker version:

Place mixture into a slow cooker set on LOW. Serve after 30 minutes or when dip is warm throughout.

**Cream cheese may be softened in microwave. Blend cream cheese to avoid any "hot spots" before adding to recipe.*