

# Lancaster Fresh™

All Natural

Delicious Dill

**GOURMET DIP MIX**

NET WT .75 OZ (21g)

## Simple to prepare!

### Ingredients needed:

- Delicious Dill Dip Mix
- 1 cup sour cream
- 1 cup mayonnaise (Do not use salad dressing such as Miracle Whip®, use real mayonnaise.)

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

### Directions:

Blend sour cream, mayonnaise and entire packet of mix. Mix well. Chill overnight or minimum of 4 hours. Dip is more flavorful if allowed to chill overnight. Stir before serving. Serve with vegetables, crackers, pretzels or chips. May also add spices to 2 to 3 cups sour cream. Keep prepared dip refrigerated.

### Complete directions and recipes inside!

Ingredients: dill, onions, spices and coloring, and salt.

Distributed By:  
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United States of America  
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NO WHEAT



100% ALL  
NATURAL



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## Nutrition Facts

Serving Size 2 Tablespoons (31g)  
Servings Per Container about 16

Amount Per Serving	Mix	with added ingredients
Calories	5	135
Calories from Fat	0	127
	% Daily Value**	
Total Fat 0g*	0%	22%
Saturated Fat 0g	0%	15%
Trans Fat 0g	-	-
Cholesterol 0mg	0%	5%
Sodium 85mg	4%	7%
Total Carbohydrate 1g	0%	1%
Dietary Fiber 0g	0%	0%
Sugars 0g	-	-
Protein 0g	-	-
Vitamin A	0%	1%
Vitamin C	1%	2%
Calcium	0%	4%
Iron	3%	4%

\*Amount in Delicious Dill Dip Mix.

Added ingredients contribute an additional 130 calories, 14g total fat, 3g saturated fat, 0g trans fat, 14mg cholesterol, 86mg sodium, 1g total carbohydrate (0g sugar), 1g 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.

## **DELICIOUS DILL DIP MIX™**

### **Ingredients needed:**

- ☑ *Delicious Dill Dip Mix*
- ☑ 1 cup sour cream
- ☑ 1 cup mayonnaise (Do not use salad dressing such as Miracle Whip®, use real mayonnaise.)

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

### **Directions:**

Blend sour cream, mayonnaise and entire packet of mix. Mix well. Chill overnight or minimum of 4 hours. Stir before serving. Serve with vegetables, crackers or pretzel sticks. Keep prepared dip refrigerated.

### **Variation:**

Blend 2 cups sour cream, 1 cup mayonnaise and entire packet of *Delicious Dill Dip Mix* for a less intense dill flavor.

### **Lo-Cal/Lowfat Version:**

Add packet to 2 to 3 cups lowfat plain yogurt, OR add packet to 3 cups blended cottage cheese. Mix well. Chill overnight or minimum 4 hours. Stir before serving. May also use 1 cup lowfat mayonnaise and 1 cup lowfat sour cream.

### **Salad Dressing:**

Add packet to 1 cup mayonnaise and 1 cup milk (skim, lowfat or buttermilk). Mix well. Chill minimum of 4 hours. Shake or stir before serving.

### **Dark Bread Spread:**

Add packet to 16 oz. softened cream cheese. Blend well. Chill minimum of 4 hours. May add small amount of milk to thin.

### **Tomatoes à la mode:**

Add packet to 3 cups cottage cheese. Chill minimum of 4 hours and serve on top of fresh tomato slices.

### **Seasoned Coating (Breading):**

Add entire packet to 2 cups of flour or plain bread crumbs. Great for chicken or fish.