

# Lancaster Fresh™

## All-American B.L.T.

### GOURMET DIP MIX

NET WT 1.5 OZ (42g)

### Simple to prepare!

#### Ingredients needed:

- All American B.L.T. Dip Mix
- 1-1/2 cups sour cream
- 1/2 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.

#### Complete directions and recipes inside!

Ingredients: onion, imitation bacon bits (textured vegetable protein [soy flour, caramel color, red #3] partially hydrogenated soybean oil, salt, natural flavor), tomatoes, spices and coloring, vinegar type flavor (citric acid, sodium diacetate, potassium citrate, glucono-delta lactone), sea salt, not more than 2% silicon dioxide added to prevent caking.

Contains: soy

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

Distributed By:  
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NO GLUTEN  
NO WHEAT



### Nutrition Facts

Serving Size 2 Tablespoons (32g)  
Servings Per Container about 16

Amount Per Serving	Mix	with added ingredients
Calories	8	104
Calories from Fat	1	90
	% Daily Value**	
Total Fat 0g*	0%	15%
Saturated Fat 0g	0%	20%
Trans Fat 0g	-	-
Cholesterol 0mg	0%	5%
Sodium 95mg	4%	6%
Total Carbohydrate 1g	0%	0%
Dietary Fiber 0g	0%	0%
Sugars 0g	-	-
Protein 0g	-	-
Vitamin A	6%	7%
Vitamin C	3%	3%
Calcium	0%	3%
Iron	0%	0%

\*Amount in All American B.L.T. Dip Mix. Added ingredients contribute an additional 96 calories, 10g total fat, 4g saturated fat, 0g trans fat, 14mg cholesterol, 50mg sodium, 2g 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.

## **ALL AMERICAN B.L.T. DIP MIX**

### ***Ingredients needed:***

- ⊙ **All American B.L.T. Dip Mix**
- ⊙ 1-1/2 cups sour cream
- ⊙ 1/2 cup mayonnaise (Do not use salad dressing such as Miracle Whip<sup>®</sup>, use real mayonnaise.)

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

### ***Directions:***

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

### ***Variation:***

You may add entire packet to 2 cups of sour cream.

## **ALL AMERICAN B.L.T. BREAD**

Add 3-1/2 Tablespoons of dry mix (mix dry ingredients in package or small bowl before measuring) to 1 pound of bread dough. Mix into dough; proceed with bread recipe.

## **SALAD DRESSING**

Make dip according to directions. Thin with milk to reach desired consistency.

## **SPREAD**

Add 1-1/2 Tablespoons of dry mix (mix dry ingredients in package or small bowl before measuring) to 8 oz. cream cheese, softened.\* Mix well. You may add a small amount of milk (1 to 2 Tablespoons) to thin. Chill overnight or minimum of 4 hours. Delicious with bagels.

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