

# Lancaster Fresh™

## Chipotle & Garlic

### GOURMET DIP MIX

NET WT 1.5 OZ (42g)

### Simple to prepare!

#### Ingredients needed:

- Chipotle & Garlic 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: spices, chipotle chiles, salt, garlic, onion, sugar, creamer (soybean oil, corn syrup solids, sodium caseinate [milk derivative], dipotassium phosphate, mono- & diglycerides), whey (milk), hydrolyzed corn protein, buttermilk, maltodextrin, soy grits, enzyme modified butter oil & dehydrated butter, dextrose, citric acid, natural flavor/s (& from partially hydrogenated cottonseed and soybean oil), guar gum, modified corn starch, malic acid, natural colorings, not more than 2% calcium silicate and soybean oil added to prevent caking.

Contains: milk, soy

Distributed By:  
ICC Global Trade, LLC  
PO Box 10992  
Lancaster, PA 17605  
United States of America  
[www.lancasterfresh.com](http://www.lancasterfresh.com)



NO WHEAT



### Nutrition Facts

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

Amount Per Serving	Mix	with added ingredients
Calories	5	100
Calories from Fat	0	90
	% Daily Value**	
Total Fat 0g*	0%	15%
Saturated Fat 0g	0%	20%
Trans Fat 0g	-	-
Cholesterol 0mg	0%	5%
Sodium 131mg	5%	8%
Total Carbohydrate 1g	0%	1%
Dietary Fiber 0g	0%	0%
Sugars 0g	-	-
Protein 0g	-	-
Vitamin A	1%	2%
Vitamin C	0%	0%
Calcium	0%	3%
Iron	0%	0%

\*Amount in Chipotle & Garlic Dip Mix.

Added ingredients contribute an additional 95 calories, 10g total fat, 4g saturated fat, 0g trans fat, 14mg cholesterol, 51mg 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.

## **CHIPOTLE & GARLIC DIP MIX™**

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

#### **☉ Chipotle & Garlic 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.*

### ***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, tortilla chips or crackers. Keep prepared dip refrigerated.

### ***Variation:***

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

## **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.*

## **MEAT RUB/SEASONING**

Rub dry mix onto chicken, beef or pork before grilling, baking or roasting.

## **MEAT MARINADE**

Add 3 Tablespoons of dry mix (mix dry ingredients in package or small bowl before measuring) to 1/2 cup water, 2 Tablespoons vinegar, 1/2 cup salad oil and 2 Tablespoons sugar. Mix well. Allow meat to marinate 1 hour in mixture. Discard any leftover marinade. Do not reuse (save) any marinade that has been in contact with raw meat.

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