



# Artichoke & Spinach

## 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.