



Cape Cod Cranberry & Walnut

DIP MIX

NET WT 3 OZ (84g)

Simple to prepare!

Ingredients needed:

- Cape Cod Cranberry & Walnut Dip Mix
- 8 oz. cream cheese, softened
- 1 cup sour cream
- 20 oz. can crushed pineapple, well drained

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

Complete directions and recipes inside!

Ingredients: cranberries (sugar, sunflower oil), walnuts (tree nut), apples, dried honey (cane sugar, honey), spices, natural flavors, dextrose and cornstarch.

Contains: walnuts

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

Distributed By:
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Nutrition Facts

Serving Size 2 Tablespoons (35g)
Servings Per Container about 35

Amount Per Serving	Mix	with added ingredients
Calories	22	70
Calories from Fat	4	35
	% Daily Value**	
Total Fat 0g*	0%	5%
Saturated Fat 0g	0%	10%
Trans Fat 0g	-	-
Cholesterol 0mg	0%	3%
Sodium 7mg	0%	1%
Total Carbohydrate 4g	1%	3%
Dietary Fiber 0g	0%	4%
Sugars 4g	-	-
Protein 0g	-	-
Vitamin A	0%	2%
Vitamin C	5%	2%
Calcium	0%	0%
Iron	0%	0%

*Amount in Cape Cod Cranberry & Walnut Dip Mix. Added ingredients contribute an additional 48 calories, 3.5g total fat, 2g saturated fat, 0g trans fat, 10mg cholesterol, 25mg sodium, 8g total carbohydrate (6g 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.