



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:

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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.