



Simple to prepare!

Ingredients needed:

- Delicious Dill Dip Mix
 - 1 cup sour cream
 - 1 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. Dip is more flavorful if allowed to chill overnight. Stir before serving. Serve with vegetables, crackers, pretzels or chips. May also add spices to 2 to 3 cups sour cream. Keep prepared dip refrigerated.

Complete directions and recipes inside!

Ingredients: dill, onions, spices and coloring, and salt.

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Nutrition Facts

Serving Size 2 Tablespoons (31g)
 Servings Per Container about 16

Amount Per Serving	Mix	with added ingredients
Calories	5	135
Calories from Fat	0	127
% Daily Value**		
Total Fat 0g*	0%	22%
Saturated Fat 0g	0%	15%
Trans Fat 0g	-	-
Cholesterol 0mg	0%	5%
Sodium 85mg	4%	7%
Total Carbohydrate 1g	0%	1%
Dietary Fiber 0g	0%	0%
Sugars 0g	-	-
Protein 0g	-	-
Vitamin A	0%	1%
Vitamin C	1%	2%
Calcium	0%	4%
Iron	3%	4%

*Amount in **Delicious Dill Dip Mix**.
 Added ingredients contribute an additional 130 calories, 14g total fat, 3g saturated fat, 0g trans fat, 14mg cholesterol, 86mg 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.