



# French Onion

## DIP MIX

NET WT .75 OZ (21g)

### Simple to prepare!

#### Ingredients needed:

- French Onion 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: onions, natural flavoring (soy sauce [wheat, soybeans, salt], torula yeast, yeast extract), leeks, spices, garlic, salt and vegetarian natural flavoring (maltodextrin, salt, autolyzed yeast extract, dehydrated vegetables [onion, celery, spinach, carrot and garlic], natural flavors, caramel color and spices).

Contains: soy, wheat

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 15

Amount Per Serving	Mix	with added ingredients
<b>Calories</b>	6	108
Calories from Fat	0	99
<b>% Daily Value**</b>		
<b>Total Fat</b> 0g*	<b>0%</b>	<b>17%</b>
Saturated Fat 0g	<b>0%</b>	<b>20%</b>
Trans Fat 0g	-	-
<b>Cholesterol</b> 0mg	<b>0%</b>	<b>5%</b>
<b>Sodium</b> 21mg	<b>1%</b>	<b>3%</b>
<b>Total Carbohydrate</b> 1g	<b>0%</b>	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>	<b>0%</b>
Sugars 0g	-	-
<b>Protein</b> 0g	-	-
Vitamin A	3%	4%
Vitamin C	3%	3%
Calcium	1%	4%
Iron	0%	0%

\*Amount in **French Onion Dip Mix**.  
 Added ingredients contribute an additional 102 calories, 11g total fat, 4g saturated fat, 0g trans fat, 14mg cholesterol, 54mg sodium, 1g total carbohydrate (0g sugar), 0g 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.