

# Simple to prepare!

### **Ingredients needed:**

- Hotcha Jalapeno Dip Mix
- 1 cup sour cream
- 1 cup mayonnaise (Do not use salad dressing such as Miracle Whip<sup>®</sup>, 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 plain tortilla chops, vegetables, crackers, pretzels or chips. May also be used as a topping for tacos or burritos. Keep prepared dip refrigerated.

Ingredients: jalapeno peppers, garlic, cilantro, salt and spices.

### Complete directions and recipes inside!

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## **Nutrition Facts**

Serving Size 2 Tablespoons (32g) Servings Per Container about 15

Amount Don Coming	B.C.	and the section of
Amount Per Serving	Mix	with added ingredients
Calories	6	144
Calories from Fat	1	135
Calones Ironi Fat		
	% Daily Value**	
Total Fat 0g*	0%	23%
Saturated Fat 0g	0%	20%
Trans Fat 0g		
Cholesterol Omg	0%	5%
Sodium 44mg	2%	6%
<b>Total Carbohydrate</b> 1g	0%	1%
Dietary Fiber Og	0%	0%
Sugars 0g	-00	- No.
Protein 0g	-	
Vitamin A	3%	4%
Vitamin C	16%	17%
Calcium	1%	3%
Iron	1%	2%
*Amount in Hotobo Jolanono Din Miy		

- \*Amount in **Hotcha Jalapeno Dip Mix**.

  Added ingredients contribute an additional
  138 calories, 15g total fat, 4g saturated fat, 0g trans
  fat, 15mg cholesterol, 92mg 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.