



Splendid Spinach

DIP MIX

NET WT 1 OZ (28g)

Simple to prepare!

Ingredients needed:

- Splendid Spinach 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.

Complete directions and recipes inside!

Ingredients: spinach, onions, natural cheddar cheese powder (cheddar cheese [cultured milk, salt and enzymes, spice and coloring], sunflower oil, buttermilk powder, salt, disodium phosphate, propylene glycol, citric acid and lactic acid, spice and coloring), red bell peppers, spices and coloring, and salt.

Contains: milk

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

Distributed By:
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Nutrition Facts

Serving Size 2 Tablespoons (28g)
 Servings Per Container about 17

Amount Per Serving	Mix	with added ingredients
Calories	6	128
Calories from Fat	3	121
% Daily Value**		
Total Fat 0g*	0%	20%
Saturated Fat 0g	0%	15%
Trans Fat 0g	-	-
Cholesterol 1mg	0%	5%
Sodium 72mg	3%	6%
Total Carbohydrate 1g	0%	0%
Dietary Fiber 0g	0%	0%
Sugars 0g	-	-
Protein 0g	-	-
Vitamin A	14%	15%
Vitamin C	1%	1%
Calcium	1%	3%
Iron	0%	1%

*Amount in **Splendid Spinach Dip Mix**.
 Added ingredients contribute an additional 122 calories, 13g total fat, 3g saturated fat, 0g trans fat, 13mg cholesterol, 81mg 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.