



## Simple to prepare!

### Ingredients needed:

- Spring Garden Medley 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: carrots, bell peppers, tomatoes, celery, onions, spinach, vegetable broth powder (vegetable powders, maltodextrin, defatted soy grits, whey-a milk protein, yeast extract powder [yeast extract, salt, maltodextrin, partially hydrogenated soybean oil], soybean oil, soy protein isolate, spices, lecithin, kelp and papain), salt and sea salt crystals, nutritional yeast, hydrolyzed vegetable protein (no added MSG), spices and colorings, and garlic powder.

Contains: soy, milk

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## Nutrition Facts

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

Amount Per Serving	Mix	with added ingredients
<b>Calories</b>	6	96
Calories from Fat	0	90
<b>% Daily Value**</b>		
<b>Total Fat</b> 0g*	<b>0%</b>	<b>15%</b>
Saturated Fat 0g	<b>0%</b>	<b>15%</b>
Trans Fat 0g	-	-
<b>Cholesterol</b> 0mg	<b>0%</b>	<b>4%</b>
<b>Sodium</b> 5mg	<b>0%</b>	<b>2%</b>
<b>Total Carbohydrate</b> 1g	<b>0%</b>	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>	<b>0%</b>
Sugars 0g	-	-
<b>Protein</b> 0g	-	-
Vitamin A	6%	7%
Vitamin C	12%	12%
Calcium	0%	3%
Iron	6%	6%

\*Amount in **Spring Garden Dip Mix**.  
 Added ingredients contribute an additional 90 calories, 10g total fat, 3g saturated fat, 0g trans fat, 13mg cholesterol, 43mg 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.