

Our Dips:



Artichoke Dip

Nutrition Facts

Serving Size 2 tbsp (28g)
Servings Per Container about 15
Calories 45

Calories from Fat 25

*Percent Daily Values are based on a 2,000 calorie diet.

Amount / Serving	% Daily Value*	Amount / Serving	% Daily Value*
Total Fat 2.5g	4%	Total Carbohydrate 3g	1%
Saturated Fat 1g	5%	Dietary Fiber 1g	4%
Trans Fat 0g		Sugars 1g	
Cholesterol 5mg	2%	Protein 2g	
Sodium 115mg	5%		
Vitamin A 0%	Vitamin C 2%	Calcium 6%	Iron 0%



Spinach & Cheese Dip

Nutrition Facts

Serving Size 2 tbsp (31g)
Servings Per Container about 6
Calories 70

Calories from Fat 60

*Percent Daily Values are based on a 2,000 calorie diet.

Amount / Serving	% Daily Value*	Amount / Serving	% Daily Value*
Total Fat 7g	11%	Total Carbohydrate 1g	0%
Saturated Fat 4g	20%	Dietary Fiber 0g	0%
Trans Fat 0g		Sugars 1g	
Cholesterol 20mg	7%	Protein 2g	
Sodium 180mg	8%		
Vitamin A 10%	Vitamin C 0%	Calcium 6%	Iron 2%



Blue Caesar Dip

Nutrition Facts

Serving Size 2 tbsp (31g)
Servings Per Container about 7
Calories 80

Calories from Fat 50

*Percent Daily Values are based on a 2,000 calorie diet.

Amount / Serving	% Daily Value*	Amount / Serving	% Daily Value*
Total Fat 6g	9%	Total Carbohydrate 4g	1%
Saturated Fat 2g	10%	Dietary Fiber 0g	0%
Trans Fat 0g		Sugars 1g	
Cholesterol 10mg	3%	Protein 2g	
Sodium 220mg	9%		
Vitamin A 2%	Vitamin C 0%	Calcium 6%	Iron 0%



Chili Con Queso Dip

Nutrition Facts

Serving Size 2 tbsp (29g)
Servings Per Container about 8
Calories 70

Calories from Fat 60

*Percent Daily Values are based on a 2,000 calorie diet.

Amount / Serving	% Daily Value*	Amount / Serving	% Daily Value*
Total Fat 6g	9%	Total Carbohydrate 1g	0%
Saturated Fat 3.5g	18%	Dietary Fiber 0g	0%
Trans Fat 0g		Sugars 0g	
Cholesterol 20mg	7%	Protein 3g	
Sodium 135mg	6%		
Vitamin A 6%	Vitamin C 4%	Calcium 8%	Iron 0%



Sweet Pepper Dip

Nutrition Facts

Serving Size 2 tbsp (27g)
Servings Per Container about 6
Calories 70

Calories from Fat 60

*Percent Daily Values are based on a 2,000 calorie diet.

Amount / Serving	% Daily Value*	Amount / Serving	% Daily Value*
Total Fat 6g	9%	Total Carbohydrate 3g	1%
Saturated Fat 3.5g	18%	Dietary Fiber 0g	0%
Trans Fat 0g		Sugars 3g	
Cholesterol 20mg	7%	Protein 1g	
Sodium 80mg	3%		
Vitamin A 6%	Vitamin C 30%	Calcium 2%	Iron 2%



Buffalo Dip

Nutrition Facts

Serving Size 2 tbsp (30g)
Servings Per Container about 7
Calories 90

Calories from Fat 70

*Percent Daily Values are based on a 2,000 calorie diet.

Amount / Serving	% Daily Value*	Amount / Serving	% Daily Value*
Total Fat 7g	11%	Total Carbohydrate 1g	0%
Saturated Fat 4g	20%	Dietary Fiber 0g	0%
Trans Fat 0g		Sugars 1g	
Cholesterol 25mg	8%	Protein 4g	
Sodium 270mg	11%		
Vitamin A 8%	Vitamin C 0%	Calcium 10%	Iron 0%