

Recipe : B.L.T. Dip Mix (2 tsp. / 4.8g mix)

Per Serving Nutritional Information

Calories (kcal):	17.2	% Calories from Fat:	21.3%
Total Fat (g):	0.5	% Calories from Carb.:	47.0%
Saturated Fat (g):	0.0	% Calories from Protein:	31.7%
Monounsaturated Fat (g):	0.0	% Refuse	0.0%
Polyunsaturated Fat (g):	0.0	Vitamin C (mg):	3
Cholesterol (mg):	0	Vitamin A (i.u.):	333
Carbohydrate (g):	2.3	Vitamin B6 (mg):	0.02
Dietary Fiber (g):	0.5	Vitamin B12 (mcg):	0
Protein (g):	1.6	Thiamin B1 (mg):	0.01
Sodium (mg):	364	Riboflavin B2 (mg):	0.01
Potassium (mg):	43	Folacin (mcg):	5.3
Calcium (mg):	3	Niacin (mg):	0.1
Iron (mg):	0.2	Caffeine (mg):	0.0
Zinc (mg):	0.0	Alcohol (g):	0.0

Daily Values

		% Daily Value 2000 Calorie Diet	% Daily Value 2500 Calorie Diet
Total Fat (g):	0.5	1%	1%
Saturated Fat (g):	0.0	0%	0%
Cholesterol (mg):	0	0%	0%
Sodium (mg):	364	15%	15%
Carbohydrate (g):	2.3	1%	1%
Dietary Fiber (g):	0.5	2%	2%
Protein (g):	1.6	3%	3%

Vitamin A: 6%

Vitamin C: 4%

Calcium: 0%

Iron: 0%