

Recipe : Chipotle Ranch Dip Mix (1 serving = 1.7g / 1/2 tsp. mix)

Per Serving Nutritional Information

Calories (kcal):	4.6	% Calories from Fat:	10.4%
Total Fat (g):	0.1	% Calories from Carb.:	66.4%
Saturated Fat (g):	0.0	% Calories from Protein:	23.2%
Monounsaturated Fat (g):	0.0	% Refuse	2.7%
Polyunsaturated Fat (g):	0.0	Vitamin C (mg):	1
Cholesterol (mg):	0	Vitamin A (i.u.):	40
Carbohydrate (g):	0.9	Vitamin B6 (mg):	0.00
Dietary Fiber (g):	0.1	Vitamin B12 (mcg):	0
Protein (g):	0.3	Thiamin B1 (mg):	0.00
Sodium (mg):	270	Riboflavin B2 (mg):	0.01
Potassium (mg):	24	Folacin (mcg):	0.6
Calcium (mg):	11	Niacin (mg):	0.0
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):	0.1	0%	0%
Saturated Fat (g):	0.0	0%	0%
Cholesterol (mg):	0	0%	0%
Sodium (mg):	270	11%	11%
Carbohydrate (g):	0.9	0%	0%
Dietary Fiber (g):	0.1	0%	0%
Protein (g):	0.3	1%	0%

Vitamin A: 0%

Vitamin C: 1%

Calcium: 1%

Iron: 1%