

Recipe : Pumpkin Pie Dip Mix (1 serving = 13.6g / 1.5 Tbls. mix)

**Per Serving Nutritional Information**

Calories (kcal):	40.8	% Calories from Fat:	2.3%
Total Fat (g):	0.1	% Calories from Carb.:	95.9%
Saturated Fat (g):	0.0	% Calories from Protein:	1.8%
Monounsaturated Fat (g):	0.0	% Refuse	0.0%
Polyunsaturated Fat (g):	0.0	Vitamin C (mg):	1
Cholesterol (mg):	0	Vitamin A (i.u.):	3,262
Carbohydrate (g):	10.3	Vitamin B6 (mg):	0.01
Dietary Fiber (g):	0.5	Vitamin B12 (mcg):	0
Protein (g):	0.2	Thiamin B1 (mg):	0.00
Sodium (mg):	1	Riboflavin B2 (mg):	0.01
Potassium (mg):	34	Folacin (mcg):	1.8
Calcium (mg):	7	Niacin (mg):	0.1
Iron (mg):	0.3	Caffeine (mg):	0.0
Zinc (mg):	0.0	Alcohol (g):	0.0

**Daily Values**

		<b>% Daily Value 2000 Calorie Diet</b>	<b>% Daily Value 2500 Calorie Diet</b>
Total Fat (g):	0.1	0%	0%
Saturated Fat (g):	0.0	0%	0%
Cholesterol (mg):	0	0%	0%
Sodium (mg):	1	0%	0%
Carbohydrate (g):	10.3	3%	3%
Dietary Fiber (g):	0.5	2%	2%
Protein (g):	0.2	0%	0%
Vitamin A: 65%	Vitamin C: 1%	Calcium: 0%	Iron: 1%