

Recipe : SW Chipotle Dip Mix (1 svg. = 3.4g / 1 rounded tsp. mix)

Per Serving Nutritional Information

Calories (kcal):	6.9	% Calories from Fat:	9.7%
Total Fat (g):	0.1	% Calories from Carb.:	78.5%
Saturated Fat (g):	0.0	% Calories from Protein:	11.8%
Monounsaturated Fat (g):	0.0	% Refuse	0.0%
Polyunsaturated Fat (g):	0.0	Vitamin C (mg):	6
Cholesterol (mg):	0	Vitamin A (i.u.):	64
Carbohydrate (g):	1.5	Vitamin B6 (mg):	0.02
Dietary Fiber (g):	0.2	Vitamin B12 (mcg):	0
Protein (g):	0.2	Thiamin B1 (mg):	0.00
Sodium (mg):	74	Riboflavin B2 (mg):	0.00
Potassium (mg):	28	Folacin (mcg):	1.5
Calcium (mg):	4	Niacin (mg):	0.1
Iron (mg):	0.1	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):	74	3%	3%
Carbohydrate (g):	1.5	0%	0%
Dietary Fiber (g):	0.2	1%	1%
Protein (g):	0.2	0%	0%
Vitamin A: 1%	Vitamin C: 9%	Calcium: 0%	Iron: 0%