

Recipe : Super Spicy Chipotle Dip Mix (1 1/3 tsp. mix)

Per Serving Nutritional Information

Calories (kcal):	0.6	% Calories from Fat:	38.0%
Total Fat (g):	0.0	% Calories from Carb.:	50.7%
Saturated Fat (g):	0.0	% Calories from Protein:	11.3%
Monounsaturated Fat (g):	0.0	% Refuse	0.4%
Polyunsaturated Fat (g):	0.0	Vitamin C (mg):	0
Cholesterol (mg):	0	Vitamin A (i.u.):	20
Carbohydrate (g):	0.1	Vitamin B6 (mg):	0.00
Dietary Fiber (g):	0.0	Vitamin B12 (mcg):	0
Protein (g):	0.0	Thiamin B1 (mg):	0.00
Sodium (mg):	414	Riboflavin B2 (mg):	0.00
Potassium (mg):	2	Folacin (mcg):	0.0
Calcium (mg):	0	Niacin (mg):	0.0
Iron (mg):	0.0	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):	0.0	0%	0%
Saturated Fat (g):	0.0	0%	0%
Cholesterol (mg):	0	0%	0%
Sodium (mg):	414	17%	17%
Carbohydrate (g):	0.1	0%	0%
Dietary Fiber (g):	0.0	0%	0%
Protein (g):	0.0	0%	0%
Vitamin A: 0%	Vitamin C: 0%	Calcium: 0%	Iron: 0%