

Recipe : Cool Cancun Salsa Dip Mix (1 serving = 4g / 1.5 tsp mix)

**Per Serving Nutritional Information**

|                          |      |                          |       |
|--------------------------|------|--------------------------|-------|
| Calories (kcal):         | 13.0 | % Calories from Fat:     | 8.3%  |
| Total Fat (g):           | 0.1  | % Calories from Carb.:   | 78.6% |
| Saturated Fat (g):       | 0.0  | % Calories from Protein: | 13.1% |
| Monounsaturated Fat (g): | 0.0  | % Refuse                 | 0.0%  |
| Polyunsaturated Fat (g): | 0.0  | Vitamin C (mg):          | 18    |
| Cholesterol (mg):        | 0    | Vitamin A (i.u.):        | 163   |
| Carbohydrate (g):        | 3.0  | Vitamin B6 (mg):         | 0.06  |
| Dietary Fiber (g):       | 0.5  | Vitamin B12 (mcg):       | 0     |
| Protein (g):             | 0.5  | Thiamin B1 (mg):         | 0.02  |
| Sodium (mg):             | 138  | Riboflavin B2 (mg):      | 0.01  |
| Potassium (mg):          | 79   | Folacin (mcg):           | 5.4   |
| Calcium (mg):            | 11   | Niacin (mg):             | 0.1   |
| Iron (mg):               | 0.4  | Caffeine (mg):           | 0.0   |
| Zinc (mg):               | 0.1  | Alcohol (g):             | 0.0   |

**Daily Values**

|                    |                | <b>% Daily Value<br/>2000 Calorie Diet</b> | <b>% Daily Value<br/>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):       | 138            | 6%   | 6%   |
| Carbohydrate (g):  | 3.0            | 1%   | 1%   |
| Dietary Fiber (g): | 0.5            | 2%   | 2%   |
| Protein (g):       | 0.5            | 1%   | 1%   |
| Vitamin A: 3%      | Vitamin C: 29% | Calcium: 1%                                | Iron: 1%                                   |