

Low-Fat Ranch Dip

Servings:	1.00	Category:	Condiments or Other
Serving Size:	2.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-16992

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING MIX RNCH	1/8 Ounce	READY_TO_SERVE	192716
SOUR CREAM	4 Tablespoon	READY_TO_EAT Served as a topping on a hot or cold meal	285218

Preparation Instructions

Mix 48 ounces of sour cream to 1- 3.2 ounce package of Hidden Valley Ranch Dressing Mix. Serve 2 oz. or 1/4 cup portion.

CCP: Hold for cold service at 41° F or lower.

2 ounce spoodle

2 oz. souffle- 795940

Lid- 796010

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Ounce

Amount Per Serving	
Calories	120.00
Fat	10.00g
Saturated Fat	7.00g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	503.19mg
Carbohydrates	4.00g
Fiber	0.00g
Total Sugar	4.00g
Added Sugar	0.00g
Protein	2.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 100.00mg	Iron 0.00mg

Nutrition - Per 100g

Calories	211.64		
Fat	17.64g		
Saturated Fat	12.35g		
Trans Fat	0.00g		
Cholesterol	70.55mg		
Sodium	887.48mg		
Carbohydrates	7.05g		
Fiber	0.00g		
Total Sugar	7.05g		
Added Sugar	0.00g		
Protein	3.53g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	176.37mg	Iron	0.00mg