

# Low- Fat Ranch Veggie Dip

<b>Servings:</b>	40.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	2.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-53982

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING MIX RNCH	1 Package		192716
SOUR CREAM L/F	5 Pound		534331

## Preparation Instructions

In a large bowl empty 1 tub of sour cream and packet of ranch mix.  
Mix thoroughly.

Updated 7.28.25 JSH

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 2.00 Ounce

Amount Per Serving	
<b>Calories</b>	56.26
<b>Fat</b>	3.75g
<b>Saturated Fat</b>	1.88g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	9.38mg
<b>Sodium</b>	515.65mg
<b>Carbohydrates</b>	5.63g
<b>Fiber</b>	0.00g
<b>Total Sugar</b>	3.75g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	1.88g
<b>Vitamin A</b> 375.04mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 75.01mg	<b>Iron</b> 0.00mg

## Nutrition - Per 100g

<b>Calories</b>	99.22
<b>Fat</b>	6.61g
<b>Saturated Fat</b>	3.31g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	16.54mg
<b>Sodium</b>	909.43mg
<b>Carbohydrates</b>	9.92g
<b>Fiber</b>	0.00g
<b>Total Sugar</b>	6.61g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	3.31g
<b>Vitamin A</b> 661.44mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 132.29mg	<b>Iron</b> 0.00mg