

Low- Fat Ranch Veggie Dip

NO IMAGE

| | | | |
|----------------------|------------|-----------------------|---------------------|
| Servings: | 40.00 | Category: | Condiments or Other |
| Serving Size: | 2.00 Ounce | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | 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

| | |
|---------------------------------|-------|
| 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: 40.00

Serving Size: 2.00 Ounce

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

Nutrition - Per 100g

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