

Low- Fat Ranch Veggie Dip

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