

# Veggie Dip

<b>Servings:</b>	256.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	2.00 TBSP.	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-24071

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MAYONNAISE LT	1 Gallon		429406
SOUR CREAM	5 Pound	READY_TO_EAT Served as a topping on a hot or cold meal	285218
Tap Water for Recipes	1/2 Gallon	UNPREPARED	000001WTR
DRESSING MIX RNCH	2 Package		473308

## Preparation Instructions

No Preparation Instructions available.

### 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: 256.00

Serving Size: 2.00 TBSP.

Amount Per Serving	
<b>Calories</b>	42.14
<b>Fat</b>	2.43g
<b>Saturated Fat</b>	1.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	15.71mg
<b>Sodium</b>	164.26mg
<b>Carbohydrates</b>	4.57g
<b>Fiber</b>	0.00g
<b>Total Sugar</b>	1.57g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	0.29g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 16.31mg	<b>Iron</b> 0.02mg

## Nutrition - Per 100g

<b>Calories</b>	475.66
<b>Fat</b>	27.42g
<b>Saturated Fat</b>	11.30g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	177.35mg
<b>Sodium</b>	1853.93mg
<b>Carbohydrates</b>	51.56g
<b>Fiber</b>	0.00g
<b>Total Sugar</b>	17.73g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	3.23g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 184.14mg	<b>Iron</b> 0.23mg