

Nutrition Facts

Serving Size 2 Tablespoons (27g)

Servings Per Container about 21

Amount Per Serving	Mix	with added ingredients
Calories	25	87
Calories from Fat	5	60
	% Daily Value**	
Total Fat 1g*	2%	11%
Saturated Fat 0g	0%	20%
Trans Fat 0g	-	-
Cholesterol 0mg	0%	6%
Sodium 0mg	0%	2%
Total Carbohydrate 5g	2%	2%
Dietary Fiber 0g	0%	0%
Sugars 5g	-	-
Protein 0g	-	-
Vitamin A	0%	1%
Vitamin C	0%	0%
Calcium	1%	3%
Iron	0%	0%

*Amount in **Almond Poppy Seed Dip Mix**.

Added ingredients contribute an additional 62 calories, 6g total fat, 4g saturated fat, 0g trans fat, 17mg cholesterol, 38mg sodium, 1g total carbohydrate (0g sugar), 1g protein.

**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.