

# Nutrition Facts

**Serving size** 1/2 cup of dip and  
1 cup of veggies

**Amount Per Serving**

**Calories** **130**

% Daily Value\*

<b>Total Fat</b> 0.5g	<b>1%</b>
Saturated Fat 0.1g	<b>1%</b>
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 0.2g	
Monounsaturated Fat 0g	
<b>Cholesterol</b> < 5mg	<b>1%</b>
<b>Sodium</b> 500mg	<b>22%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b>
Dietary Fiber 5g	<b>18%</b>
Total Sugars 12g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 6g	<b>12%</b>
Vitamin D 0mcg	<b>0%</b>
Calcium 193mg	<b>15%</b>
Iron 0.6mg	<b>4%</b>
Potassium 768mg	<b>15%</b>

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.