

NET WT 1 OZ (28g)

No MSG  
No Wheat  
No Gluten  
No Added Salt



Serving Suggestion

**WOOD ORCHARD**  
**MARKET**  
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www.woodorchard.com

# Spinach Dip Mix

## Simple to prepare!

### Ingredients needed:

- ★ Spinach Dip Mix
- ★ 1 cup sour cream
- ★ 1 cup mayonnaise (Do not use salad dressing such as Miracle Whip®, use real mayonnaise.)

You may use lowfat or nonfat products with this mix, although results may vary.

## Complete directions and recipe inside.

**Ingredients:** spinach, onions, cheddar cheese powder (cheddar cheese [cultured milk, salt and enzymes, annatto extract], partially hydrogenated soybean oil, buttermilk, salt, disodium phosphate, propylene glycol, citric acid and lactic acid), spices, annatto extract and salt.

**Contains:** milk, soy

For optimum shelf life, store dry mix in your refrigerator or freezer.

**Packed for:** Wood Orchard Market  
8112 HWY. 42 • Egg Harbor, WI 54209  
Market: 920•868•2334  
Toll Free: 1•866•763•2334  
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## Nutrition Facts

Serving Size 2 Tablespoons (28g)  
Servings Per Container about 17

Amount Per Serving	Mix	with added ingredients
<b>Calories</b>	6	128
Calories from Fat	3	121
	% Daily Value**	
<b>Total Fat</b> 0g*	<b>0%</b>	<b>20%</b>
Saturated Fat 0g	<b>0%</b>	<b>15%</b>
Trans Fat 0g	-	-
<b>Cholesterol</b> 1mg	<b>0%</b>	<b>5%</b>
<b>Sodium</b> 72mg	<b>3%</b>	<b>6%</b>
<b>Total Carbohydrate</b> 1g	<b>0%</b>	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>	<b>0%</b>
Sugars 0g	-	-
<b>Protein</b> 0g	-	-
Vitamin A	14%	15%
Vitamin C	1%	1%
Calcium	1%	3%
Iron	0%	1%

\*Amount in Spinach Dip Mix.

Added ingredients contribute an additional 122 calories, 13g total fat, 3g saturated fat, 0g trans fat, 13mg cholesterol, 81mg 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.

## *SPINACH DIP MIX™*

### *Ingredients needed:*

- ★ **Spinach Dip Mix**
- ★ 1 cup sour cream
- ★ 1 cup mayonnaise (Do not use salad dressing such as Miracle Whip®, use real mayonnaise.)

*You may use lowfat or nonfat products with this mix, although results may vary.*

### *Directions:*

Blend mayonnaise and sour cream. Add entire packet of mix. Mix well. Chill minimum of 2 to 4 hours. Stir before serving. Serve with vegetables, crackers or pieces of dark bread (i.e., Jewish Rye, pumpernickel, etc.) Keep prepared dip refrigerated.

### *Serving idea:*

Mix dip according to directions and serve dip in a carved-out loaf of round dark bread. This will be your bowl. Use pieces of bread you carved out for dipping. "Bowl" may also be torn into pieces and eaten.

### *Variations:*

- For a less "rich" dip, use 1-1/2 cups of sour cream and 1/2 cup mayonnaise. Add entire packet of mix. Mix well. Chill 2 to 4 hours.
- Add 1 small can of water chestnuts, drained and chopped.

## *SPINACH DIP CASSEROLE / APPETIZER*

- ★ 1 packet **Spinach Dip Mix**
- ★ 16 oz. carton small curd cottage cheese
- ★ 8 oz. sharp cheddar cheese, shredded
- ★ 3 eggs, beaten

Preheat oven to 350°. Combine all ingredients and mix well. Place in a buttered casserole dish and bake for 45 minutes. Serves 6 as a side dish. May also be served as a hot appetizer with sliced cocktail pumpernickel bread.