

Cooking for Kids

Recipe Sizing Report

000479 - Fat Free Ranch Dip CACFP :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #1 No Cook Number of Portions: 25 Size of Portion: 1/2 OZ	Meat/Alt: Grains: Fruit: Vegetable: Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
001180 SOUR CREAM,FAT FREE..... 902937 Ranch Mix.....	3 5/8 cups 6 Tbsp	1. Combine sour cream and Hidden Valley Ranch seasoning until well mixed.
009153 LEMON JUC FROM CONC,CND OR BTLD...	3 Tbsp + 2 1/4 tsp	2. Add lemon juice and stir to achieve a creamy consistency.

*Nutrients are based upon 1 Portion Size (1/2 OZ)

Calories	21 kcal	Cholesterol	2 mg	Sugars	0.1 g	Calcium	*34.25* mg	0.07%	Calories from Total Fat
Total Fat	0.00 g	Sodium	46 mg	Protein	0.85 g	Iron	*0.00* mg	0.03%	Calories from Saturated Fat
Saturated Fat	0.00 g	Carbohydrates	4.43 g	Vitamin A	*70.1* IU	Water ¹	*24.06* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	0.02 g	Vitamin C	*0.3* mg	Ash ¹	*0.20* g	85.15%	Calories from Carbohydrates
								16.40%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - denotes optional nutrient values
² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.