

Fat Free Ranch Dip - CACFP

General Information

Recipe #	Category	Source
1755779	Condiments 	Local

Ingredients

Name	Quantity	Quantity + 2
Sour cream, fat free	¾ c., 3 tbsp., 1 ⅛ tsp.	
Seasoning Mix, Ranch, Dry, Packet, 18/3.2oz, 3.6#, Hidden Valley, 21004	1 tbsp., 1 ⅓ tsp.	
Lemon juice, raw	dry 1 ½ tsp.	

Preparation Instructions

HACCP Process: #1 - No Cook

- Combine sour cream and Hidden Valley Ranch seasoning until well mixed.
- Add lemon juice and stir to achieve a creamy consistency.

Food prep areas, equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking.

Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross contamination.

Remove product from refrigerator using oldest pack date first.

CCP: Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. This applies as well to before and after glove use. Use clean pair of gloves when handling raw product. Replace gloves after handling any other object.

CCP: Ensure cold food is held at a temperature below 41° F.

CORRECTIVE ACTION COLD FOOD: Any food item being served cold must be maintained at or below 41 degrees. In the event the temperature of the cold item rises above 41 degrees it must be returned to a refrigerated or frozen atmosphere and temperature reduced to 41 degrees or below.

CCP: Record time and internal temperature of completed recipe on daily log.

Dates

Last Updated	Created
02-26-2025	02-26-2025



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Serving Size	Yield
1 OZ	6.00

Nutrition Facts

Serving Size 1 OZ (40 gm)

Amount Per Serving	
Calories	27.500

		% Daily Value*
Total Fat	0.003 gm	0.005%
Saturated Fat	0.000 gm	0.002%
Trans Fat	0.000* gm	
Cholesterol	3.312 mg	1.104%
Sodium	455.100 mg	18.963%
Total Carbohydrate	5.825 gm	1.942%
Dietary Fiber	0.004 gm	0.015%
Total Sugars	0.174 gm	

Includes 0.000 gm of Added Sugars		
Protein	1.145 gm	2.29%
Vitamin A	26.864* mcg RAE	2.985%
Vitamin C	0.472 mg	0.787%
Vitamin D	0.000* mcg	
Calcium	48.953 mg	4.895%
Iron	0.001 mg	0.005%
Potassium	54.489 mg	1.159%
Saturated Fat % of Calories		0.016 %
Added Sugar % of Calories		0.000 %

* Indicates missing Nutrient Information.
^ Indicates user added nutrient.

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

Added Sugar Limitations

Not applicable.

Vendors

Edit Recipe