

# Southwestern Dip

Two (2) – 6-1/2 oz. servings (total menu item: 13 oz.)

## NUTRITIONAL INFORMATION

Per Serving / 6-1/2 oz.

**Calories** 750    **Calories from Fat** 410

	<b>Amount</b>	<b>% Daily Value</b>
<b>Total Fat</b>	46g	70%
<b>Saturated Fat</b>	15g	73%
Trans Fat	0.5g	
Polyunsaturated Fat	1g	
Monounsaturated Fat	6g	
<b>Cholesterol</b>	75mg	25%
<b>Sodium</b>	490mg	20%
<b>Total Carbohydrate</b>	77g	26%
Dietary Fiber	7g	28%
Sugars	9g	
<b>Protein</b>	14g	28%
<b>Vitamin A</b>		30%
<b>Vitamin C</b>		6%
<b>Calcium</b>		15%
<b>Iron</b>		10%

*\*Percent Daily Values are based on a 2,000 calorie diet*

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<b>Ingredients (per menu item)</b>	<b>Cal</b>	<b>Fat</b>	<b>Carbs</b>
6 oz.      Blue Corn Tortilla Chips	420.0	21.0g	54.0g
1/10 oz.    Cilantro (chopped)	0.3	0.0g	0.1g
1/8 oz.     Green Onion	0.4	0.0g	0.1g
7 oz.       Southwest Dip	329.9	24.7g	23.2g

**S A U L G O O D**

*Restaurant & Pub*