

Veggie Chik Dip

Nutrition Facts

4 servings per container

Serving size 2 ounces (57g)

Amount Per Serving

Calories 110

% Daily Value*

Total Fat 9g	12%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 150mg	7%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 1g Added Sugars	2%

Protein 3g

Vitamin D 0mcg	0%
Calcium 150mg	10%
Iron 1.8mg	10%
Potassium 40mg	0%

* 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.

Ingredients: Baked Tofu (Soybeans, Water, Magnesium Chloride), Vegemise (Expeller-Pressed Canola Oil, Filtered Water, Brown Rice Syrup, Apple Cider Vinegar, Soy Protein, Sea Salt, Mustard Flour, Lemon Juice Concentrate), Panko Breadcrumbs (Wheat Flour, Sugar, Yeast, Soybean Oil), Celery, Carrots, Red Onion, Preservative-Free Soy Sauce (Water, Soybeans, Wheat, Salt), Organic Cane Juice, Baker's Yeast Extract, Mustard (Organic Grain Vinegar, Water, Organic Mustard Seeds, Salt, Spices), Parsley, Turmeric, Spices.

Contains: Wheat, Soy