

Nutrition for Deli Dips & Spreads

Product Name	Serving Size (oz)	Calories	Calories from fat	Total Fat (g)	Sat Fat (g)	Trans fats (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Gluten Free Ingrid.	Allergens
Apple Pie Dessert Spread	1oz	92	35	3.8	2.2	0	12.3	46	14.3	0.1	13.9	0.7	Y	Milk
Bacon Horseradish Dip	1oz	87	67	7.4	3.1	0	16.5	169	1.2	0.1	0.3	2.1	Y	Milk, Egg
Baked Seafood Crab Dip	1oz	68	49	5.5	3.3	0	18	255	2.3	0.1	0.9	2.2	Y	Milk, Egg, Soy, Fish, Crab
Baked Spinach Artichoke Dip	1oz	74	62	6.9	3.1	0	16.7	110	1.2	0.3	0.4	1.5	Y	Milk, Egg
Bob's Smkd Chicken BBQ Layered	1oz	66	42	4.7	1.1	0	15	231	2.3	0.1	1.3	3	Y	Milk, Egg
Buffalo Chicken Hot Dip	1oz	66	49	5.4	2.2	*	16	172	0.7	0.1	0.6	2.8	Y	Milk, Soy, Egg
Buffalo Chicken Cheese Layered Dip	1oz	68	34	3.8	2.1	*	16	207	0.9	0.1	0.5	3.6	Y	Milk
Carmalized Onion Mushroom Baked Dip	1oz	72	38	4.3	2.2	*	10	74	1.8	0.2	1.1	1.7	Y	Milk
Cheddar Pecan Spread	1oz	135	111	12.3	4.2	0	19.6	196	0.6	0.1	0.2	4	Y	Milk, Egg, Pecans
Cheddar Ranch Cheese Spread	1oz	102	75	8.4	4.7	0	23.3	258	1.1	0	0.1	4.9	Y	Milk, Egg
Cheesecake Dip	1oz	93	63	7	4	0	23	68.4	6.2	0	5.8	1.2	Y	Milk
Chipotle Cheese Baked Dip	1oz	71	47	5.3	2.4	0	12	166	2.6	0.4	0.3	2.3	Y	Milk, Egg
Chipped Beef Spread	1oz	77	63	7	4	0	26	191	1.2	0.1	0.9	2.4	Y	Milk, Soy
Cranberry Holiday Spread	1oz	77	36	4	2.3	0	12.3	110	9.9	0.2	9.1	0.8	Y	Milk
Dill Dip	1oz	111	93	10.3	3.5	0	18.8	124	1	0.1	0.1	0.7	Y	Milk, Egg
Fiesta Black Bean Layered Dip	1oz	46	28	3.1	2	0	11	129	2.1	0.6	0.5	2	Y	Milk
Five Layer Taco Dip	1oz	47	30	3.3	1.8	0	9.1	105	2.4	0.9	0.3	1.6	Y	Milk
French Onion Dip	1oz	56	39	4.3	2.7	0	19	101	2.9	0.3	1.4	1.1	Y	Milk, Soy
Gorgonzola Dip	1oz	122	93	10.3	3.7	0	20.1	120	2	0	0.4	1.4	Y	Milk, Egg
Greek Layered Dip	1oz	111	52	5.8	1.1	0	5.4	167	7.3	0.6	0.8	1.2	Y	Milk
Guacamole, 5-Alarm 5-Pepper	1oz	28	19	2.1	0.3	0	0	66.5	2.4	1.1	0.9	0.4	Y	
Guacamole, Black Bean Corn Fire Roasted Tomato	1oz	29	19	2.1	0.3	0	0	53.3	2.6	1.2	0.6	0.5	Y	
Guacamole, Caribbean Island	1oz	35	20	2.2	0.3	0	0	36.9	3.8	1.2	2	0.5	Y	
Guacamole, Smokey Peach	1oz	35	19	2.1	0.3	0	0	34	4.2	1.1	1.9	0.3	Y	
Ham & Green Onion Dip	1oz	85	73	8.1	4.1	0	24.8	179	0.9	0	0.8	2	Y	Milk, Egg
Herbed Goat Cheese	1oz	57	36	4	2.7	0	11.4	130	1.2	0.1	0.5	1.9	Y	Milk
Jalapeno Cheddar Ranch Cheese Spread	1oz	93	70	8	4	0	20	230	0.9	0.1	0.3	3.7	Y	Milk, Egg
Jalapeno Pimento Cheese Spread	1oz	128	101	11.2	3.8	0	19.2	223	2.4	0.1	1.8	2.8	Y	Milk, Egg
Mediterranean Feta Dip	1oz	67	49	5.4	3.7	0	19	114	1.7	0.2	0.6	3	Y	Milk
Mixed Olive Tapenade	1oz	86	46	5	0.4	0	0	275	5.3	1	0.2	0.1	Y	
Pimento Cheese Spread	1oz	137	109	12.1	4.1	0	20.7	239	2.4	0.1	1.9	2.7	Y	Milk, Egg
Pumpkin Spice Spread	1oz	83	55	6.1	3.5	0	19.3	71.8	6.3	0.2	5.7	1.2	Y	Milk
Roasted Red Pepper Spread	1oz	134	105	11.7	2.6	0	13.4	187	2.5	0	0	0.2	Y	Milk, Egg
Salsa, 5-Alarm 5-Pepper	1oz	11	1	0.1	0	0	0	131	2.3	0.3	1.5	0.3	Y	

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Salsa, Black Bean Corn Fire Roasted Tomato	1oz	14	1	0.1	0	0	0	105	2.9	0.5	1.1	0.5	Y	
Salsa, Caribbean Island	1oz	24	2	0.2	0	0	0	71.9	5.3	0.6	3.7	0.4	Y	
Salsa, Cranberry Peach Poblano	1oz	30	1	0.1	0	0	0	125	7.2	0.6	2.8	0.3	Y	
Salsa, Grilled Pineapple Poblano	1oz	24	4	0.5	0	0	0	52.1	4.9	0.4	3.5	0.2	Y	
Salsa, Smokey Peach	1oz	25	0	0	0	0	0	66	6	0.4	3.6	0.1	Y	
Seafood Layered Dip	1oz	51	30	3.3	2	0	11	169	2.6	0.1	1.1	2	N	Wheat, Milk, Egg, Soy, Crab, Fish
Smoked Gouda Spread	1oz	99	82	9.1	3.9	0	19.3	208	1	0	0.4	2.7	Y	Milk, Egg
Southwest Fiesta Dip	1oz	44	30	3.3	2.3	0	13	125	1.6	0.3	0.5	0.7	Y	Milk
Spinach Dip	1oz	77	60	6.7	1.8	0	9.5	244	2	0.5	0.5	0.6	Y	Milk, Egg, Soy
Sundried Tomato Spread	1oz	120	50	5.6	3	*	14	141	5	0.7	2.6	2.2	Y	Milk
Torte, Apricot Goat	1oz	115	56	6.2	3.3	0	16.5	133	6.3	0.4	2.7	1.6	Y	Milk, Walnuts
Torte, Brie & Gorgonzola	1oz	105	82	9.1	5.4	0	29	163	1.4	1	0.5	3.5	Y	Milk, Walnut
Torte, Carmelized Onion Herb Goat	1oz	95	69	7.7	3.5	0	16	193	2.2	0.5	0.7	2.4	Y	Milk, Almonds
Torte, Honey Craisin	1oz	121	95	10.5	4.7	0	23.1	82.7	6.7	0.5	5.7	1.3	Y	Milk, Pecans
Torte, Sundried Tomato	1oz	131	101	11.3	4.4	0	22.4	90.9	3.9	0.4	1.9	2.1	Y	Milk, Pinenuts, Almonds
Veggie Dip	1oz	97	76	8.5	2.3	0	12.4	178	2	0.2	1	0.8	Y	Milk, Egg, Soy
Wild Mushroom Spread	1oz	98	48	5.4	3.2	0.1	14.5	160	1.6	0.2	1.1	1.9	Y	Milk