

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	2.8	0	19.2	167	1.7	0.1	1.4	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
Buttermilk Ranch Dip	1oz	141	124	13.7	2.8	0	14.9	155	0.5	0	0.6	0.3	Y	Milk, Egg
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
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
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
Ham & Green Onion Dip	1oz	85	73	8.1	4.1	0	24.8	179	0.9	0	0.8	2	Y	Milk, Egg
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
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
Roasted Red Pepper Herb & Feta	1oz	102	63	7.1	3.9	0	19.7	135	2.6	0.4	1.1	1.9	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
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
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 Layered	1oz	105	82	9.1	5.4	0	29	163	1.4	1	0.5	3.5	Y	Milk, Walnut
Torte, Garlic Herb Goat	1oz	91	66	7.3	4.1	0	17.3	123	1.8	0.2	0.7	2.2	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

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Torte, Pesto Sundried Tomato Layered	1oz	121	90	10	4.1	0	18.8	145	4	0.5	1.3	2.3	Y	Milk, Almonds
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