



# CREAMY PARMESAN ARTICHOKE DIP MIX

(2 x 43 g packets per box)

## Nutrition Facts Valeur nutritive

Per 3/4 tsp. dry mix (2.5 g)  
pour 3/4 cuillère à thé de préparation sèche (2,5 g)

Calories 10	% Daily Value*
Fat / Lipides 0 g	0 %
Saturated / Saturés 0 g	0 %
+ Trans / Trans 0 g	0 %
Carbohydrate / Glucides 2 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 1 g	1 %
Protein / Protéines 0 g	
Cholesterol / Cholestérol 0 mg	
Sodium 50 mg	2 %
Potassium 39 mg	1 %
Calcium 7 mg	1 %
Iron / Fer 0 mg	0 %

\*5% or less is a little, 15% or more is a lot

\*5 % ou moins c'est peu, 15 % ou plus c'est beaucoup

GLUTEN FREE • SANS GLUTEN

**INGREDIENTS:** CHOPPED ONION, GARLIC POWDER, SALT, GRATED PARMESAN CHEESE (PASTEURIZED PART SKIM MILK, CHEESE CULTURE, SALT, ENZYMES), BLACK PEPPER, ARTICHOKE, PARSLEY FLAKES

**CONTAINS:** MILK

**INGRÉDIENTS :** OIGNON HACHÉ, POUDRE D'AIL, SEL, FROMAGE PARMESAN RÂPÉ (LAIT PASTEURISÉ PARTIELLEMENT ÉCRÉMÉ, FROMAGE DE CULTURE, SEL, ENZYMES), POIVRE NOIR, ARTICHAUT, PERSIL EN FLOCONS

**CONTIENT :** LAIT

Produced in a facility that also processes tree nuts, sesame, milk, eggs, fish, crustaceans, soy, wheat, mustard and sulphites.

Fabriqué dans une installation qui traite des noix, des graines de sésame, du lait, du œufs, du poisson, des crustacés, du soya, du blé, du moutarde et de la sulfites.

## Suggestions for CREAMY PARMESAN & ARTICHOKE DIP MIX



- Mix 1 packet with 1 cup mayonnaise and 1 cup sour cream. Refrigerate for 2-3 hours before serving. Serve with veggies, chips or crackers.
- Prepared dip (as above) makes a fabulous topping for your baked potatoes.
- Creamy, Cheesy Artichoke Dip: combine 1 packet **Creamy Parmesan Artichoke Dip Mix**, 1 brick (250 g) cream cheese, 1/3 cup grated Parmesan cheese and 1/3 cup grated sharp cheddar cheese. Mix and put into a baking dish. Sprinkle 1/4 cup of grated cheese on top. Bake for 10-15 minutes at 350°F. Serve with Harvest Beer Bread cubes or your favourite crackers.
- Spinach Artichoke Dip: combine 1 brick (250 g) softened cream cheese, 1 packet **Creamy Parmesan Artichoke Dip Mix**, 2 teaspoons **Spinach & Herb Mix** and 3 tablespoons mayonnaise. Microwave for 1-2 minutes, then add 2 teaspoons grated Parmesan cheese and stir. Microwave 1 minute more and stir again. Serve with tortilla chips.
- Spinach Artichoke Stuffed Mushrooms: combine 1 brick (250 g) cream cheese, 1/4 cup softened butter, 1 packet **Creamy Parmesan Artichoke Dip Mix**, 2 teaspoons **Spinach & Herb Mix**. Use cheese spread to fill mushroom caps. Top with Parmesan cheese or bread crumbs. Line a baking pan with foil and spray with oil. Bake at 350°F for 12-15 minutes or until bread crumbs are golden brown.
- Fondue anyone? Once you've cooked your meat, take it for a dip in our Creamy Parmesan & Artichoke Dip!

We strive to ensure this information is accurate to the best of our knowledge. Because product formations may change, we recommend that you always read individual labels carefully.