

French Onion Dip with Veggies Platter



Ingredients

2 300ml Light Sour Cream
2 French Onion Soup Mix packet (contains gluten)

Veggies Platter (Cut)

Carrot
Broccoli
Cauliflower
Beans
Celery, Capsicum (optional)

Method

Mix Sour cream and soup mix
Serve with cut veggies



french onion soup



Preparation Instructions

Boil

- 1 Bring 1L (4 cups) of water to boil in a saucepan.
- 2 Add Soup Mix, and simmer for 5 minutes.

NUTRITION INFORMATION

Servings Per Pack: 4

Serving Size: 250mL (10g Dry Mix)

Prepared^A

	Quantity Per Serving 250mL	%DI* Per Serving	Quantity Per 100mL
Energy	109kJ 26Cal	1%	44kJ 10Cal
Protein	< 1.0g	1%	< 1.0g
Fat, Total	< 0.1g	< 1%	< 0.1g
- Saturated	< 0.1g	< 1%	< 0.1g
- Trans	< 0.1g	-	< 0.1g
Carbohydrate	5.8g	2%	2.3g
- Sugars	2.3g	3%	< 1.0g
Sodium	673mg	29%	269mg

Quantities stated above are averages only. *Percentage Daily Intakes are based on an average adult diet of 8700kJ.

^AWhen prepared according to instructions. < means Less Than.

INGREDIENTS

Onion (33%), Wheaten Corn Flour (**Wheat**), Salt, Sugar, Potato Starch, Hydrolysed Vegetable Protein (**Wheat, Soy**), Natural Colour (Caramel I), Yeast Extract, Flavour Enhancer (635), Canola Oil.

Contains: Gluten, Wheat, Soy.

May contain naturally occurring glutamates.

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For Gluten Free option





Light® sour cream

Nutrition Information

Servings Per Pack: 10
Serving Size: 30mL

	Quantity Per Serving 30mL	%DI* Per Serving	Quantity Per 100mL
Energy	229kJ 55Cal	3%	763kJ 183Cal
Protein	< 1.0g	2%	2.6g
Fat, Total	5.4g	8%	18.0g
- Saturated	3.5g	15%	11.7g
- Trans	< 1.0g	-	< 1.0g
Carbohydrate	< 1.0g	< 1%	3.1g
- Sugars	< 1.0g	< 1%	2.9g
Sodium	10mg	< 1%	33mg

Quantities stated above are averages only.

*Percentage Daily Intakes are based on an average adult diet of 8700kJ.

< means Less Than.

Ingredients

Skim **Milk**, Cream (**Milk**), Starter Culture.

Contains: Milk.

- ① Contains 45% less fat than Woolworths Sour Cream.

Storage Instructions

Keep refrigerated at 1-5°C.