



GREEK YOGURT CORN DIP

1/4 cup serving

50 calories
5 grams protein
1 gram fat



HIDDEN VALLEY RANCH

1/4 cup serving

280 calories
2 grams protein
28 grams fat



MARIE'S RANCH DIP

1/4 cup serving

390 calories
0 grams protein
38 grams fat



HELUVA GOOD! RANCH DIP

1/4 cup serving

120 calories
2 grams protein
10 grams fat



MARZETTI'S RANCH DIP

1/4 cup serving

120 calories
2 grams protein
24 grams fat