



## GARLIC & HERB BLEND

**INGREDIENTS:** Garlic Powder, Parsley, Dill, Dried Basil and Chives

### Product Suggestions:

Serve with crackers, chips or vegetables.

Try the cream cheese spread on bagels and as a sandwich spread.

Season mashed potatoes

Add to sour cream for baked potato

Dry rub for chicken or beef.

### HEALTHY NEWS:

Contains Garlic, which may help lower cholesterol and blood pressure, and may protect against strokes and heart disease.

Studies show that Dill is an anti-bacterial herb and may help prevent bone loss.

<b>Nutrition Facts</b>	
Serving Size 3/8 Teaspoon (0.6g)	
Amount Per Serving	
<b>Calories 0</b>	Calories from Fat 0
<b>% Daily Value*</b>	
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 0mg</b>	<b>0%</b>
<b>Total Carbohydrate 0g</b>	<b>0%</b>
Dietary Fiber 0g	0%
Sugars 0g	
<b>Protein 0g</b>	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 2%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	<small>Calories 2,000 2,500</small>
Total Fat	<small>Less Than 65g 80g</small>
Saturated Fat	<small>Less Than 20g 25g</small>
Cholesterol	<small>Less Than 300mg 300 mg</small>
Sodium	<small>Less Than 2,400mg 2,400mg</small>
Total Carbohydrate	<small>300g 375g</small>
Dietary Fiber	<small>25g 30g</small>
<small>Calories per gram:</small>	
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>	

**Please always check the labels on the product as ingredients and formulations may change from time to time.**