



**LAKESIDE  
FOODS** EST 1887

# VEG OUT

*Heat & Snack Dips*

RETAIL

# DIP IN. VEG OUT.

Snacking is just the start. Our veggie-packed, heat-and-eat frozen dips are so good, they steal the show on any table, for any meal.

**#1 INGREDIENT**  
= **VEGGIES**

**10G PROTEIN, 4G FIBER**  
**PER BAG**

**EASY PREP,**  
**WORKS ANYTIME**



# CROWD-PLEASING ON OVERLOAD.

## MEXICAN STYLE STREET CORN QUESO

Traditional Mexican and guajillo chili spices blended with our own roasted and super sweet corn.

**10g PROTEIN + 4g FIBER**

PER BAG

Nutrition Facts			
about 9 servings per container			
Serving size		1/4 cup (32g) frozen, 2 tbsp cooked	
Calories	Per serving		Per container
	35	300	
	% Daily Value*		% Daily Value*
Total Fat	1.5g	2%	12g 15%
Saturated Fat	0.5g	3%	6g 30%
Trans Fat	0g		0g
Cholesterol	5mg	2%	40mg 13%
Sodium	100mg	4%	900mg 39%
Total Carbohydrate	4g	1%	34g 12%
Dietary Fiber	0g	0%	4g 14%
Total Sugars	1g		13g
Includes Added Sugars	0g	0%	1g 2%
Protein	1g		10g
Vitamin D	0mcg	0%	0.4mcg 2%
Calcium	10mg	0%	70mg 6%
Iron	0.1mg	0%	0.9mg 6%
Potassium	40mg	0%	360mg 8%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## ZESTY SOUTHWEST STYLE DIP

A hefty dose of our own roasted and super sweet corn, black beans, peppers, Southwest spice blend and a hint of lime.

**10g PROTEIN + 6g FIBER**

PER BAG

Nutrition Facts			
about 9 servings per container			
Serving size		1/4 cup frozen (31 g) 2 tbsp cooked	
Calories	per serving		per package
	30	280	
	% Daily Value*		% Daily Value*
Total Fat	1g	1%	11g 14%
Saturated Fat	0.5g	3%	6g 30%
Trans Fat	0g		0g
Cholesterol	5mg	2%	35mg 12%
Sodium	90mg	4%	800mg 35%
Total Carbohydrate	4g	1%	34g 12%
Dietary Fiber	1g	4%	6g 21%
Total Sugars	1g		10g
Includes Added Sugars	0g	0%	1g 2%
Protein	1g		10g
Vitamin D	0mcg	0%	0mcg 0%
Calcium	10mg	0%	50mg 4%
Iron	0.1mg	0%	1.1mg 6%
Potassium	40mg	0%	380mg 8%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## SPINACH, ARTICHOKE & WHITE BEANS

Equal parts spinach, cubed artichoke hearts and great northern white beans with creamy Monterey Jack and parmesan cheese.

**14g PROTEIN + 6g FIBER**

PER BAG

Nutrition Facts			
about 9 servings per container			
Serving size		1/4 cup (32g) frozen, 2 tbsp cooked	
Calories	Per serving		Per container
	45	420	
	% Daily Value*		% Daily Value*
Total Fat	3.5g	4%	30g 38%
Saturated Fat	1g	5%	8g 40%
Trans Fat	0g		0g
Cholesterol	5mg	2%	50mg 17%
Sodium	115mg	5%	1000mg 43%
Total Carbohydrate	2g	1%	21g 8%
Dietary Fiber	1g	4%	6g 21%
Total Sugars	0g		4g
Includes Added Sugars	0g	0%	1g 2%
Protein	2g		14g
Vitamin D	0mcg	0%	0.4mcg 2%
Calcium	30mg	2%	280mg 20%
Iron	0.2mg	2%	2.2mg 10%
Potassium	50mg	2%	460mg 10%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**10 OZ MICROWAVE STEAM BAG (12ct CASE)**

**ZERO PRESERVATIVES & NOTHING ARTIFICIAL**

**SKILLET, BAKE OR MICROWAVE**

**REAL DAIRY**

### TRENDING:

**SNACKING IS UP 15% FROM 2023 AS AMERICANS SEEK SNACKS 'DAY AND NIGHT'**

*The Food Institute, May 2024*

**48.8% OF AMERICANS SNACK 3+ TIMES A DAY.**

*Circana Snack Unwrap, 2025*



FOR SAMPLES OR MORE INFORMATION CONTACT [SALES@LAKESIDEFOODS.COM](mailto:SALES@LAKESIDEFOODS.COM)

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