



LAKE SIDE
FOODS EST 1887

VEG'D OUT.
Heat & Snack Dips

FOODSERVICE

DIPS THAT DO MORE.

Three bold, veggie-packed dips give your menu a flavor makeover. From dipping to drizzling, these highly versatile, irresistible options keep traffic flowing and guests coming back.

#1 INGREDIENT
= VEGGIES

APPETIZER,
SIDE OR SAUCE

LTO
READY BLENDS



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 38%
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 36%
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%	260mg 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.

**OPERATOR-FRIENDLY
AND FAST**

**CONSISTENT
HOLD**

**ZERO WASTE,
QUICK RECOVERY**

**REAL
DAIRY**



FOR SAMPLES OR MORE INFORMATION
CONTACT SALES@LAKESIDEFOODS.COM

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