

NUTRITIONAL INFORMATION

Dressings

RECIPE NAME	SERVING SIZE	CALORIES (KCAL)	PROTEIN (G)	CARBS (G)	FAT (G)	SATURATED FAT (G)	CHOLESTEROL (MG)	SUGARS (G)	TOTAL DIETARY FIBER (G)	SODIUM (MG)
ASIAN TAHINI DRESSING	1 TBLS	61	1	3	5	1	0	2	0	123
BALSAMIC VINEGAR DRESSING	1 TBLS	55	0	0	6	1	0	0	0	135
BASIL MAYO	1 TBLS	87	0	0	9	1	4	0	0	65
BBQ RANCH DRESSING	1 TBLS	68	0	1	7	1	4	0	0	138
BLUE CHEESE DRESSING	1 TBLS	80	0	1	8	1	5	0	0	170
CAESAR DRESSING	1 TBLS	90	0	0	10	1	2	0	0	175
CHIPOTLE RANCH	1 TBLS	75	0	1	8	1	0	1	0	142
CRANBERRY HONEY MUSTARD	1 TBLS	53	0	4	4	0	2	4	0	35
CREAMY ITALIAN DRESSING	1 TBLS	55	0	4	5	0	0	3	3	130
CURRY SAUCE	1 TBLS	101	0	0	11	1	5	0	0	75
DILL DRESSING	1 TBLS	106	0	0	11	1	5	0	0	90
DILL HORSERADISH SAUCE	1 TBLS	54	0	1	5	0	1	0	0	114
FAJITA SAUCE	1 TBLS	76	0	1	8	1	5	0	0	144
FAT FREE APPLE RANCH DRESSING	1 TBLS	23	0	5	0	0	0	1	0	151
FAT FREE CREOLE SAUCE	1 TBLS	15	0	3	0	0	0	1	0	129
FAT FREE CURRIED MAYONNAISE	1 TBLS	11	0	2	0	0	0	1	0	120
FAT FREE HORSEY RANCH	1 TBLS	27	0	5	0	0	0	1	0	182
FAT FREE RANCH DRESSING	1 TBLS	15	0	4	0	0	0	1	0	170
FAT FREE SUNDRIED TOMATO BASIL DRESSING	1 TBLS	24	0	5	0	0	0	1	0	187
HONEY MUSTARD DRESSING	1 TBLS	80	0	2	7	1	5	1	0	110
HONEY MUSTARD RELISH	1 TBLS	66	0	2	6	1	4	2	0	147

HORSEY (HORSERADISH) SAUCE	1 TBLS	94	0	0	10	1	4	0	0	80
LITE DILL DRESSING	1 TBLS	17	0	2	1	0	2	1	0	135
LOWER FAT BLUE CHEESE DRESSING	1 TBLS	47	0	2	4	1	0	0	0	156
ORIENTAL SESAME DRESSING	1 TBLS	65	0	3	5	0	0	3	0	200
PEACH SALSA	1 TBLS	9	0	2	0	0	0	1	0	54
PEACHES & PEPPER RELISH	1 TBLS	71	0	16	0	0	0	11	0	59
PESTO MAYONNAISE	1 TBLS	104	0	0	11	1	5	0	0	81
RANCH DRESSING	1 TBLS	50	0	0	5	0	5	0	0	135
ROASTED RED PEPPER MAYONNAISE	1 TBLS	23	0	0	2	0	1	0	0	41
ROASTED RED PEPPER HUMMUS	1 TBLS	84	3	10	3	1	0	2	2	286
SPICY CAJUN MAYONNAISE	1 TBLS	35	0	0	3	1	1	0	0	34
TARRAGON MAYONNAISE	1 TBLS	100	0	0	11	1	5	0	0	76