
Serving Sandwich Lovers since 1997

Roly Poly Nutritional Information

[Return to Main Menu](#)

Sauces and Dressings

Updated 1/8/2010. [View a printer friendly version.](#)

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

[« Back To Nutrition Menu](#)