

Menu Item	Serving Size	Calories	Calories From Fat	Fat	Sat Fat	Trans Fat	Cholesterol	Protein	Carbohydrate	Total Sugars	Fiber	Sodium
Blue Cheese Dressing	30g (1 fl. oz.ladle)	150	140	16g	3g	0g	15mg	1g	1g	1g	0g	130mg
Creamy Italian Dressing	30g (1 fl. oz.ladle)	120	100	11g	1.5g	0g	0mg	0g	4g	3g	0g	450mg
Fat Free Creamy Italian Dressing	30g (1 fl. oz.ladle)	15	0	0g	0g	0g	0mg	0g	3g	1g	<1g	330mg
Fat Free French Dressing	30g (1 fl. oz.ladle)	30	0	0g	0g	0g	0mg	0g	9g	5g	<1g	310mg
French Dressing	30g (1 fl. oz.ladle)	130	100	11g	1.5g	0g	0mg	0g	9g	8g	0g	230mg
Greek Vinaigrette	30g (1 fl. oz. ladle)	130	120	13g	3.5g	0g	0mg	2g	1g	1g	0g	350mg
Italian Dressing	30g (1 fl. oz. ladle)	120	100	11g	1.5g	0g	0mg	0g	5g	3g	0g	420mg
Italian Dressing, Fat Free	30g (1 fl. oz. ladle)	10	0	0g	0g	0g	0mg	0g	3g	2g	0g	490mg
Italian Dressing, Low Fat	30g (1 fl. oz. ladle)	25	20	2g	0g	0g	0mg	0g	2g	2g	0g	420mg
Oriental Sesame Dressing	30g (1 fl. oz. ladle)	90	40	4.5g	0.5g	0g	0mg	0g	12g	9g	0g	320mg
Ranch Dressing	30g (1 fl. oz. ladle)	140	140	15g	2.5g	0g	10mg	0g	2g	<1g	0g	240mg
Raspberry Vinaigrette, Fat Free	30g (1 fl. oz. ladle)	35	0	0g	0g	0g	0mg	0g	8g	7g	0g	80mg
Reduced Fat Ranch Dressing	30g (1 fl. oz. ladle)	60	50	5g	0g	0g	5mg	0g	5g	1g	0g	280mg
Ranch Dressing, Fat Free	30g (1 fl. oz. ladle)	30	0	0g	0g	0g	0mg	0g	8g	3g	<1g	390mg
Thousand Island Dressing	30g (1 fl. oz. ladle)	120	90	10g	1.5g	0g	0mg	0g	6g	5g	0g	320mg