



RECIPE NUTRITIONAL CARD

2/28/2008 3:01 pm

Recipe Number: M1086
Recipe Name: CAESAR DRESSING
Serving Size: 2 fl oz

Category Name: CONDIMENTS/SPREADS/DRESSINGS
Type Name: SALAD DRESSINGS

Basic Nutritional Information

Calories	360.805 kcal
Carbohydrate	1.541 g
Protein	2.502 g
Total Fat	39.057 g
Saturated Fat	6.014 g
Sodium	176.685 mg
Cholesterol	39.477 mg
Dietary Fiber	0.127 g

Water-Soluble Vitamins

Vitamin C	3.627 mg
Thiamin (B1)	0.013 mg
Riboflavin (B2)	0.058 mg
Niacin	0.043 mg
Vitamin B6	0.033 mg
Folic acid	0.000 mcg
Vitamin B12	0.170 mcg
Pantothenic Acid	mg

Additional Nutrients

Monounsaturated Fat	27.723 g
Polyunsaturated Fat	4.083 g
Oleic Acid	g
18:2 undifferentiated	g
Caffeine	mg
Alcohol	g
Ash	0.707 g

Fat-Soluble Vitamins

Vitamin A (IU)	61.842 IU
Vitamin A (RAE)	17.683 mcg_RAE
Vitamin D	IU
Vitamin E	mg
Vitamin K	mcg

Minerals

Potassium	33.171 mg
Iron	0.459 mg
Calcium	48.385 mg
Phosphorous	45.808 mg
Magnesium	3.756 mg
Zinc	0.275 mg
Selenium	3.370 mcg
Copper	0.023 mg
Manganese	0.033 mg

Amino Acids

Phenylalanine	g
Tryptophan	g
Lysine	g
Methionine	g
Cystine	g
Tyrosine	g
Valine	g
Histidine	g
Threonine	g
Isoleucine	g
Leucine	g

Sugars

Glucose	g
Fructose	g
Maltose	g
Sucrose	g
Lactose	g



RECIPE NUTRITIONAL CARD

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Recipe Number: M1090
Recipe Name: CREAMY GARLIC DRESSING
Serving Size: 1 fl oz

Category Name: CONDIMENTS/SPREADS/DRESSINGS
Type Name: SALAD DRESSINGS

Basic Nutritional Information

Calories	65.107 kcal
Carbohydrate	0.641 g
Protein	0.148 g
Total Fat	6.963 g
Saturated Fat	1.521 g
Sodium	38.437 mg
Cholesterol	2.530 mg
Dietary Fiber	0.025 g

Water-Soluble Vitamins

Vitamin C	0.352 mg
Thiamin (B1)	mg
Riboflavin (B2)	mg
Niacin	mg
Vitamin B6	mg
Folic acid	mcg
Vitamin B12	mcg
Pantothenic Acid	mg

Additional Nutrients

Monounsaturated Fat	g
Polyunsaturated Fat	g
Oleic Acid	g
18:2 undifferentiated	g
Caffeine	mg
Alcohol	g
Ash	g

Fat-Soluble Vitamins

Vitamin A (IU)	5.048 IU
Vitamin A (RAE)	mcg_RAE
Vitamin D	IU
Vitamin E	mg
Vitamin K	mcg

Minerals

Potassium	mg
Iron	0.036 mg
Calcium	1.677 mg
Phosphorous	mg
Magnesium	mg
Zinc	mg
Selenium	mcg
Copper	mg
Manganese	mg

Amino Acids

Phenylalanine	g
Tryptophan	g
Lysine	g
Methionine	g
Cystine	g
Tyrosine	g
Valine	g
Histidine	g
Threonine	g
Isoleucine	g
Leucine	g

Sugars

Glucose	g
Fructose	g
Maltose	g
Sucrose	g
Lactose	g



RECIPE NUTRITIONAL CARD

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Recipe Number: M1126
Recipe Name: THOUSAND ISLAND DRESSING
Serving Size: 2 fl oz

Category Name: CONDIMENTS/SPREADS/DRESSINGS
Type Name: SALAD DRESSINGS

Basic Nutritional Information

Calories	112.918 kcal
Carbohydrate	11.328 g
Protein	0.680 g
Total Fat	7.801 g
Saturated Fat	1.063 g
Sodium	576.402 mg
Cholesterol	6.958 mg
Dietary Fiber	0.191 g

Water-Soluble Vitamins

Vitamin C	7.141 mg
Thiamin (B1)	mg
Riboflavin (B2)	mg
Niacin	mg
Vitamin B6	mg
Folic acid	mcg
Vitamin B12	mcg
Pantothenic Acid	mg

Additional Nutrients

Monounsaturated Fat	g
Polyunsaturated Fat	g
Oleic Acid	g
18:2 undifferentiated	g
Caffeine	mg
Alcohol	g
Ash	g

Fat-Soluble Vitamins

Vitamin A (IU)	359.168 IU
Vitamin A (RAE)	mcg_RAE
Vitamin D	IU
Vitamin E	mg
Vitamin K	4.106 mcg

Minerals

Potassium	mg
Iron	0.226 mg
Calcium	7.363 mg
Phosphorous	mg
Magnesium	mg
Zinc	mg
Selenium	mcg
Copper	mg
Manganese	mg

Amino Acids

Phenylalanine	g
Tryptophan	g
Lysine	g
Methionine	g
Cystine	g
Tyrosine	g
Valine	g
Histidine	g
Threonine	g
Isoleucine	g
Leucine	g

Sugars

Glucose	g
Fructose	g
Maltose	g
Sucrose	g
Lactose	g



RECIPE NUTRITIONAL CARD

2/28/2008 3:01 pm

Recipe Number: M1134
Recipe Name: RANCH DRESSING FROM MIX
Serving Size: 1 fl oz

Category Name: CONDIMENTS/SPREADS/DRESSINGS
Type Name: SALAD DRESSINGS

Basic Nutritional Information

Calories	58.370 kcal
Carbohydrate	1.130 g
Protein	0.509 g
Total Fat	5.702 g
Saturated Fat	0.844 g
Sodium	110.353 mg
Cholesterol	5.676 mg
Dietary Fiber	0.000 g

Water-Soluble Vitamins

Vitamin C	0.154 mg
Thiamin (B1)	mg
Riboflavin (B2)	mg
Niacin	mg
Vitamin B6	mg
Folic acid	mcg
Vitamin B12	mcg
Pantothenic Acid	mg

Additional Nutrients

Monounsaturated Fat	g
Polyunsaturated Fat	g
Oleic Acid	g
18:2 undifferentiated	g
Caffeine	mg
Alcohol	g
Ash	g

Fat-Soluble Vitamins

Vitamin A (IU)	3.999 IU
Vitamin A (RAE)	mcg_RAE
Vitamin D	IU
Vitamin E	mg
Vitamin K	0.015 mcg

Minerals

Potassium	mg
Iron	0.008 mg
Calcium	17.841 mg
Phosphorous	mg
Magnesium	mg
Zinc	mg
Selenium	mcg
Copper	mg
Manganese	mg

Amino Acids

Phenylalanine	g
Tryptophan	g
Lysine	g
Methionine	g
Cystine	g
Tyrosine	g
Valine	g
Histidine	g
Threonine	g
Isoleucine	g
Leucine	g

Sugars

Glucose	g
Fructose	g
Maltose	g
Sucrose	g
Lactose	g



RECIPE NUTRITIONAL CARD

2/28/2008 3:01 pm

Recipe Number: M1135
Recipe Name: CREAMY ITALIAN DRESSING
Serving Size: 2 fl oz

Category Name: CONDIMENTS/SPREADS/DRESSINGS
Type Name: SALAD DRESSINGS

Basic Nutritional Information

Calories	241.751 kcal
Carbohydrate	0.837 g
Protein	1.429 g
Total Fat	25.797 g
Saturated Fat	3.902 g
Sodium	231.826 mg
Cholesterol	13.239 mg
Dietary Fiber	0.128 g

Water-Soluble Vitamins

Vitamin C	0.821 mg
Thiamin (B1)	mg
Riboflavin (B2)	mg
Niacin	mg
Vitamin B6	mg
Folic acid	mcg
Vitamin B12	mcg
Pantothenic Acid	mg

Additional Nutrients

Monounsaturated Fat	g
Polyunsaturated Fat	g
Oleic Acid	g
18:2 undifferentiated	g
Caffeine	mg
Alcohol	g
Ash	g

Fat-Soluble Vitamins

Vitamin A (IU)	61.934 IU
Vitamin A (RAE)	mcg_RAE
Vitamin D	IU
Vitamin E	mg
Vitamin K	mcg

Minerals

Potassium	mg
Iron	0.205 mg
Calcium	43.505 mg
Phosphorous	mg
Magnesium	mg
Zinc	mg
Selenium	mcg
Copper	mg
Manganese	mg

Amino Acids

Phenylalanine	g
Tryptophan	g
Lysine	g
Methionine	g
Cystine	g
Tyrosine	g
Valine	g
Histidine	g
Threonine	g
Isoleucine	g
Leucine	g

Sugars

Glucose	g
Fructose	g
Maltose	g
Sucrose	g
Lactose	g



RECIPE NUTRITIONAL CARD

2/28/2008 3:01 pm

Recipe Number: M1155
Recipe Name: LOW FAT HERB VINAIGRETTE
Serving Size: 1 gallon

Category Name: CONDIMENTS/SPREADS/DRESSINGS
Type Name: VINAIGRETTES/OILS/VINEGARS

Basic Nutritional Information

Calories	8316.654 kcal
Carbohydrate	117.161 g
Protein	11.096 g
Total Fat	867.309 g
Saturated Fat	119.901 g
Sodium	4595.365 mg
Cholesterol	0.000 mg
Dietary Fiber	6.991 g

Water-Soluble Vitamins

Vitamin C	55.539 mg
Thiamin (B1)	mg
Riboflavin (B2)	mg
Niacin	mg
Vitamin B6	mg
Folic acid	mcg
Vitamin B12	mcg
Pantothenic Acid	mg

Additional Nutrients

Monounsaturated Fat	g
Polyunsaturated Fat	g
Oleic Acid	g
18:2 undifferentiated	g
Caffeine	mg
Alcohol	g
Ash	g

Fat-Soluble Vitamins

Vitamin A (IU)	2851.375 IU
Vitamin A (RAE)	mcg_RAE
Vitamin D	IU
Vitamin E	mg
Vitamin K	mcg

Minerals

Potassium	1625.021 mg
Iron	16.707 mg
Calcium	543.025 mg
Phosphorous	mg
Magnesium	mg
Zinc	mg
Selenium	mcg
Copper	mg
Manganese	mg

Amino Acids

Phenylalanine	g
Tryptophan	g
Lysine	g
Methionine	g
Cystine	g
Tyrosine	g
Valine	g
Histidine	g
Threonine	g
Isoleucine	g
Leucine	g

Sugars

Glucose	g
Fructose	g
Maltose	g
Sucrose	g
Lactose	g