DRESSINGS & CONDIMENTS

	Serving Size	Weight Gms	Weight Ozs	Calories	Cal from Fat	Total Fat (g)	Sat Fat (g)	Trans Fat Fat (g)	Cholesterol (mg)
MFP House/ 1000 Island	1	28	1.00	145	129	14	3	0	11
Honey Mustard	1	30	1.05	130	120	13	2	0	10
Lite Olive Oil, Balsamic Vinaigrette	1	30	1.05	60	50	6	1	0	0
Lite Ranch	1	30	1.05	110	90	10	1.5	0	10
Buttermilk Ranch	1	30	1.05	100	100	11	1.5	0	10
Creamy Italian	1	30	1.05	170	160	18	3	0	10
Caesar	1	30	1.05	130	120	13	2.5	0	10
Blue Cheese	1	30	1.05	180	170	19	3.5	0	15
Horseradish Sauce	1	30	1.05	140	110	13	2	0	10
MFP Chili Mayonnaise	1	28	1.00	194	191	21	3	0	19
MFP Mayonnaise	1	14	0.50	100	100	11	1.5	0	10
MFP Brown Spicy Mayo	1	5	0.18	5	0	0	0	0	0

	Sodium (mg)	Carbo (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A % DV	Vitamin C %DV	Calcium %DV	Iron %DV
MFP House/ 1000 Island	163	4	0	4	0	1	2	0	0
Honey Mustard	220	4	0	4	0	0	0	0	0
Lite Olive Oil, Balsamic Vinaigrette	260	3	0	2	0	0	2	0	0
Lite Ranch	270	1	0	1	1	0	0	2	0
Buttermilk Ranch	270	1	0	1	0	0	0	2	0
Creamy Italian	200	1	0	1	0	0	0	0	0
Caesar	380	2	0	1	2	0	0	6	0
Blue Cheese	210	1	0	1	1	0	0	2	0
Horseradish Sauce	250	6	0	5	0	0	2	0	0
MFP Chili Mayonnaise	152	1	0	0	0	5	1	1	3
MFP Mayonnaise	75	0	0	0	0	0	0	0	0
MFP Brown Spicy Mayo	50	0	0		0	0	0	0	0