

	Serving Size	Calories	Protein (gm)	Fat (gm)	Saturated Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Carbohydrates (gm)	Fiber (gm)	Sugar (gm)	Sodium (mg)	Iron (mg)	Vitamin C (mg)	Vitamin A (IU)	Calcium (mg)
CONDIMENTS															
BBQ	1 EACH	20	0	0.0	0.0	0.0	0	5	0	3	90	0.07	0	53	2
Bosco Dipping Sauce	0.25 CUP	29	1	0.0	0.0	0	0	7	1	3	195	1	3	288	5
Buttermilk Ranch (Peppermill)	1 PACKET	205	<1 gm	22.0	3.0	0.0	15	3	0	2	400	0.13	0	24	17
Buttermilk Ranch (GFS)	1 PACKET	65	0	7.0	1.0	0.0	< 5 mg	0	0	0	95	0.02	0	3	4
Caesar Dressing (Marzetti)	1 PACKET	210	1	21.0	3.5	0.0	10	2	0	1	520	0.00	0	0	0
Cheddar Cheese	0.25 CUP	112	7	9.0	5.0	0.0	25	2	0	0	170	0.09	0	326	190
Country Crock butter	1 EACH	47	0	5.0	1.0	0.0	0	0	0	0	80	0.00	0	375	0
French (GFS)	1 PACKET	48	0	4.5	0.5	0.0	0	2	0	2	90	0.01	0	16	2
French Fat Free (Marzetti)	1 PACKET	45	0	0.0	0.0	0.0	0	11	1	9	260	N/A	N/A	N/A	N/A
Grape Jelly	1 EACH	37	0	0.0	0.0	0.0	0	9	0	7	0	0.03	0	1	1
Hummus	2 TBSP	70	3	4.0	0.5	0.0	0	8	2	1	160	0.72	5	0	20
Italian Fat Free Dressing (Peppermill)	1 PACKET	18	0	0.0	0.0	0.0	0	3	0	2	440	0.29	3	88	15
Italian Fat Free Dressing (Marzetti)	1 PACKET	25	0	0.0	0.0	0.0	0	5	0	4	390	0.00	0	0	0
Ketchup	1 TBSP	15	0	0.0	0.0	0.0	0	4	0	4	190	0.00	0	300	0
Marinara	0.5 CUP	110	2	4.5	0.5	0.0	0	14	1	11	510	0.72	6	750	40
Margarine	1 EACH	25	0	3.0	0.5	0.0	0	0	0	0	30	0.00	0	187	0
Mayonaise	1 EACH	41	0	4.0	0.5	0.0	5	2	0	1	105	0.02	0	7	1
Mustard	1 EACH	4	0	0.0	0.0	0.0	0	0	0	0	60	0.10	0	7	4
Ranch (Peppermill)	1 PACKET	220	1	24.0	3.5	0.0	20	1	0	1	250	0.00	0	100	20
Ranch- Light packet (GFS)	2 TBS	76	0	1.5	1.0	0.0	5	5	0	4	250	0.08	0	9	7
Ranch- Light packet (Peppermill)	1 PACKET	100	0	8.0	1.5	0.0	10	6	0	1	420	0.00	0	0	20
Raspberry Vinaigrette Fat Free (Marzetti)	1 PACKET	50	0	0.0	0.0	0.0	0	13	0	12	320	0.00	0	0	0
Royal French Dressing- (Peppermill)	1 PACKET	213	0	17.0	2.5	0.0	0	14	0	13	420	0.13	2	206	2
Salsa	2 TBSP	10	0	0.0	N/A	N/A	N/A	2	0	2	240	0.00	0	100	0
Sour Cream	1 EACH	60	0	5.0	3.0	1.5	0	3	0	1	75	0.00	0	0	20
Sweet and Sour	2 TBSP	38	0	0.5	0.0	0.0	0	8	0	7	105	0.36	1	0	1
Syrup	1 EACH	120	0	0.0	0.0	0.0	0	31	0	19	0	0.00	0	0	0
Syrup Sugar-Free	1 EACH	10	0	0.0	0.0	0.0	0	4	0	0	45	0.00	0	0	0

Whipped Cream

2 TSP

25

0

2.0

2.0

0.0

0

2

0

2

0

0.00

0

0

0