

salad dressings

nutritional facts per 15ml

asian dressing

calories 43
total fat 4.2 g
 saturated fat 0.4 g
 trans fat 0 g
cholesterol 0 mg
sodium 160 mg
carbohydrate 2 g
 dietary fibre 0 g
 sugars 1 g
protein 0.2 g

balsamic vinegar

calories 20
total fat 0 g
 saturated fat 0 g
 trans fat 0 g
cholesterol 0 mg
sodium 0 mg
carbohydrate 4 g
 dietary fibre 0 g
 sugars 4 g
protein 0.1 g

balsamic vinaigrette

calories 62
total fat 6.5 g
 saturated fat 0.6 g
 trans fat 0 g
cholesterol 0 mg
sodium 83 mg
carbohydrate 0.9 g
 dietary fibre 0 g
 sugars 0.9 g
protein 0 g

caesar dressing

calories 67
total fat 6.7 g
 saturated fat 0.4 g
 trans fat 0 g
cholesterol 0 mg
sodium 100 mg
carbohydrate 0.8 g
 dietary fibre 0 g
 sugars 0 g
protein 0.1 g

caribbean mango

calories 55
total fat 5 g
 saturated fat 0.75 g
 trans fat 0 g
cholesterol 0 mg
sodium 200 mg
carbohydrate 2.5g
 dietary fibre 0 g
 sugars 2 g
protein 0 g

cranberry citrus vinaigrette

calories 75
total fat 6.5 g
 saturated fat 1 g
 trans fat 0 g
cholesterol 0 mg
sodium 120 mg
carbohydrate 3.5 g
 dietary fibre 0 g
 sugars 3 g
protein 0 g

extra-virgin olive oil

calories 120
total fat 13.5 g
 saturated fat 2.3 g
 trans fat 0 g
cholesterol 0 mg
sodium 0 mg
carbohydrate 0 g
 dietary fibre 0 g
 sugars 0 g
protein 0 g

herbal vinaigrette

calories 74
total fat 8.3 g
 saturated fat 0.8 g
 trans fat 0 g
cholesterol 0 mg
sodium 79 mg
carbohydrate 0.1 g
 dietary fibre 0 g
 sugars 0 g
protein 0 g

honey mustard

calories 19
total fat 0.2 g
 saturated fat 0 g
 trans fat 0 g
cholesterol 0 mg
sodium 60 mg
carbohydrate 4.2 g
 dietary fibre 0 g
 sugars 3.5 g
protein 0.16 g

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lemon juice

calories 0
total fat 0 g
 saturated fat 0 g
 trans fat 0 g
cholesterol 0 mg
sodium 0 mg
carbohydrate 0 g
 dietary fibre 0 g
 sugars 0 g
protein 0 g

japanese soy

calories 40
total fat 4 g
 saturated fat 0.5 g
 trans fat 0 g
cholesterol 0 mg
sodium 70 mg
carbohydrate 1 g
 dietary fibre 0 g
 sugars 1 g
protein 0.2 g

mediterranean dressing

calories 50
total fat 5 g
 saturated fat 1 g
 trans fat 0 g
cholesterol 5 mg
sodium 420 mg
carbohydrate 0.5 g
 dietary fibre 0 g
 sugars 0 g
protein 0.25 g

poppyseed dressing

calories 60
total fat 5 g
 saturated fat 1 g
 trans fat 0 g
cholesterol 0 mg
sodium 100 mg
carbohydrate 4 g
 dietary fibre 0 g
 sugars 4 g
protein 0.2 g

ranch

calories 95
total fat 10.5 g
 saturated fat 1.8 g
 trans fat 0.15 g
cholesterol 3 mg
sodium 115 mg
carbohydrate 0.5 g
 dietary fibre 0 g
 sugars 0.5 g
protein 0 g

raspberry vinaigrette

calories 12
total fat 0 g
 saturated fat 0 g
 trans fat 0 g
cholesterol 0 mg
sodium 100 mg
carbohydrate 2.6 g
 dietary fibre 0 g
 sugars 2.2 g
protein 0 g

The nutrition information listed here is based on recipes and product formulations. However, slight variations may occur due to seasonal changes in products, use of an alternate supplier, regional variations and/or small differences in preparation.