

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

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

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

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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

poppseed 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