

MISCELLANEOUS	SERVING SIZE	CALORIES	TOTAL FAT Grams	SATURATED FAT Grams	CHOLESTEROL Milligrams	SODIUM Milligrams	PROTEIN Grams	CARBS Grams	FIBER Grams
Butter	1 Tbsp.	36	4	2.5	11	41	0	0	0
Chips, Potato	1 oz.	152	10	3	0	168	2	15	1
Croutons	1 oz.	115	2	0	0	198	3	21	1.5
Dressing, Bleu Cheese	1 Tbsp. or 1/2 oz.	76	8	1.5	3	164	0.5	1	0
Dressing, Caesar	1 Tbsp. or 1/2 oz.	150	16	2.5	20	250	1	1	0
Dressing, Fat Free Ranch	1 Tbsp. or 1/2 oz.	21	0	0	0	175	0	5	0
Dressing, French	1 Tbsp. or 1/2 oz.	43	3	0	0	123	0	3	0
Dressing, Ranch	1 Tbsp. or 1/2 oz.	73	7.5	1	5	122	0	1	0
Halt & Half	1 Tbsp.	20	1.5	1	6	6	0.5	0	0.5
Ketchup	1 Tbsp. or 1/2 oz.	15	0	0	0	190	0	3	0
Margarine	1 Tbsp.	36	4	1	0	48	0	0	0
Mayonnaise	1/2 oz.	99	11	1	8	78	0	0	0
Mustard	1 Tbsp. or 1/2 oz.	13	0	0	0	196	0	2.5	0
Olives, Ripe	1 oz.	23	5	0	0	255	0	1.5	0.5
Salsa	1/4 cup	20	0	0	0	256	0	4	0.5
Sauce, BBQ	1 oz.	23	1	0	0	255	1	4	0
Sauce, Soy	1 oz.	15	0	0	0	1620	2	3	0
Sauce, Sweet & Sour	1 oz.	35	0	0	0	102	0	7	0
Sauce, Tartar	2 tsp.	49	5	1	4	63	0	1.5	0
Sugar	1 tsp.	16	0	0	0	0	0	0	4
Sugar Substitute	1 pkt.	0	0	0	0	0	0	0	0
Sunflower Seeds	1 Tbsp.	57	5	0	0	78	1.5	2	0.5
Syrup, Pancake	1 Tbsp.	56	0	0	0	16	0	15	0