

Nutrient Analysis of Salad Dressings

Served at Donovan Dining Center

	<u>Calories</u>	<u>Grams of fat</u>	<u>Grams of Carb</u>	<u>Milligrams of sodium</u>	<u>Allergens</u> <u>all contain wheat</u>
Ken's Fat Free Italian	10	0	3	490	Wheat
Ken's Fat Free Caesar	20	0	3	590	Wheat, Dairy
Ken's Fat Free Balsamic Vinaigrette	20	0	4	260	Wheat, soy
Ken's Fat Free Raspberry Vinaigrette	35	0	8	80	Wheat
Ken's Fat Free Honey Dijon	45	0	9	280	Wheat, Soy, Dai
Ken's Fat Free Sun Dried Tomato	60	0	15	230	Wheat
Cain's Ceasar	70	6	5	490	Wheat, Soy, Da
Ken's Lite Ranch	80	7	2	340	Wheat, soy, Dai and egg
Ken's Gorgonzola Vinaigrette	90	8	3	290	Wheat, Soy, Da

Ken's Sesame Oriental	90	4.5	12	320	Wheat, soy
Cain's Creamy French	110	10	5	360	Wheat, soy
Ken's Honey Lime	130	11	7	180	Wheat, soy, dai
Ken's Mandarin Orange Sesame Ginger	140	11	9	100	Wheat, soy
Ken's Greek	140	15	0	240	Wheat, soy
West Creek Blue cheese	150	150	2	210	Wheat, soy, dai and egg
Ken's Red Wine and Oil	150	15	3	360	Wheat, soy
Ken's Peppercorn Parm.	170	16	2	310	Wheat, soy, dai

*** One serving = 2 Tablespoons**

**** All of our salad dressings contain 0 transfat.**

***** The American Heart Assoc. recommends eating no more than 2000 mg. of sodium per day.**

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