

Condiments

Description	Portion	Calories	Total Fat grams	Sat. Fat grams	Trans Fat grams	Protein grams	Carb. Grams	Calcium (mg)	Iron (mg)	Vit. C (mg)	Vit. A (IU)	Sodium (mg)	Chol. (mg)	Fiber grams
Barbecue Sauce	1.00 Tsp	5.8	0.0	0.0	0.0	0.0	1.5	0.0	0.3	0.4	16.6	39.9	0.0	0.0
Barbecue Sauce, Individual	1.00 each	15.0	0.0	0.0	0.0	0.0	3.0	0.0	0.0	0.0	2.0	75.0	0.0	0.0
Caesar Dressing, Individual	1.00 each	198.5	21.3	3.5	0.0	0.0	2.8	0.0	0.0	0.0	0.0	425.3	7.1	0.0
Catsup	1.00 Tsp	6.3	0.0	0.0	0.0	0.0	1.9	0.0	0.0	0.0	66.7	66.1	0.0	0.0
Catsup, Individual	1.00 each	10.0	0.0	0.0	0.0	0.0	3.0	0.0	0.0	0.0	300.0	105.0	0.0	0.0
Cheese Mixture, Shredded	1.00 Oz	101.3	7.6	6.1	0.0	6.6	1.0	177.2	0.0	0.0	303.8	308.8	20.3	0.0
Cheese Sauce	2.00 Oz	86.7	6.0	4.0	0.0	5.3	2.7	200.0	0.2	0.0	200.0	553.3	20.0	0.0
Chicken Gravy	2.00 Fl Oz	49.1	3.0	0.5	0.0	0.8	4.7	1.4	0.3	0.0	127.1	223.3	0.0	0.2
Cranberry Sauce	1.00 Tbl	26.1	0.0	0.0	0.0	0.0	6.7	0.7	0.0	0.3	7.3	5.0	0.0	0.2
Cream Gravy	2.00 Fl Oz	39.9	1.8	0.9	0.0	0.0	5.3	0.0	0.0	0.0	0.0	230.8	0.0	0.0
Italian Dressing, Reduced Fat, Individual	1.00 each	42.5	0.0	0.0	0.0	0.0	9.9	0.0	0.0	0.0	0.0	467.8	0.0	0.0
Italian Marinara Sauce	2.00 Fl Oz	20.4	0.0	0.0	0.0	1.1	4.1	13.6	0.6	5.0	637.5	363.8	0.0	0.9
Jalapenos, Sliced	1.00 Tbl	1.7	0.0	0.0	0.0	0.0	0.3	140.0	0.2	0.8	100.0	170.0	0.0	0.3
Jelly, Grape	1.00 Tsp	16.6	0.0	0.0	0.0	0.0	4.3	0.0	0.0	0.0	0.0	5.0	0.0	0.0
Mayonnaise, Reduced Calorie	1.00 Tsp	18.3	0.0	0.0	0.0	0.0	4.6	0.0	0.0	0.0	0.0	7.1	0.0	0.0
Mustard, Individual	1.00 each	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	68.8	0.0	0.0
Mustard, Prepared	1.00 Tsp	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	75.0	0.0	0.0
Picante Sauce	1.00 Tbl	2.1	0.0	0.0	0.0	0.1	0.4	47.2	0.1	0.8	70.8	83.5	0.0	0.2
Ranch Dressing, Reduced Fat, Individual	1.00 each	60.0	3.0	0.5	0.0	1.0	9.0	0.0	0.0	0.0	0.0	360.0	0.0	0.0
Ranch Dressing, Reduced Fat	1.00 Tsp	10.2	0.0	0.0	0.0	0.1	2.4	3.0	0.0	0.0	1.0	22.9	0.1	0.0
Salad Dressing, Individual	1.00 each	24.0	1.8	0.0	0.0	0.0	1.8	0.0	0.0	0.0	0.0	70.0	5.0	0.0
Soy Sauce	1.00 Tsp	2.8	0.0	0.0	0.0	0.4	0.3	1.3	0.1	0.0	0.0	266.1	0.0	0.0
Sweet & Sour Sauce, Individual	1.00 each	45.6	0.0	0.0	0.0	0.0	11.1	0.0	0.0	0.0	0.0	151.9	0.0	0.0
Syrup, Maple	1.00 Fl Oz	100.0	10.0	2.0	0.0	0.0	2.0	0.0	0.0	0.0	0.0	200.0	10.0	0.0
Tarter Sauce, Individual	1.00 each	17.1	1.2	0.2	0.0	0.0	1.2	0.0	0.0	0.0	0.0	96.0	1.5	0.0