

Souplantation

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100 restaurants in 15 states

Bacon Dressing - 2 Tbsp.

Cal - 120

Cal/Fat - 100

Fat - 11g

Sat Fat - 2g

Carbohydrates - 5g

Fiber - 0g

Sugar - 5g

Cholesterol - 0mg

Sodium - 320mg

Protein - 1g

Balsamic Vinaigrette

(Non-Vegetarian) - 2 Tbsp.

Cal - 180

Cal/Fat - 170

Fat - 19g

Sat Fat - 2g

Carbohydrates - 1g

Fiber - 0g

Sugar - 1g

Cholesterol - 0mg

Sodium - 190mg

Protein - 0g

Basil Vinaigrette - 2 Tbsp.

Cal - 160

Cal/Fat - 150

Fat - 17g

Sat Fat - 1g

Carbohydrates - 1g

Fiber - 0g

Sugar - 0g

Cholesterol - 0mg

Sodium - 160mg

Protein - 0g

BBQ Vinaigrette Dressing - 2 Tbsp.

Cal - 80

Cal/Fat - 60

Fat - 6g

Sat Fat - 1g

Carbohydrates - 6g

Fiber - 0g

Sugar - 5g
Cholesterol - 0mg
Sodium - 410mg
Protein - 0g

Blue Cheese Dressing - 2 Tbsp.

Cal - 140
Cal/Fat - 130
Fat - 14g
Sat Fat - 2.5g
Carbohydrates - 3g
Fiber - 0g
Sugar - 2g
Cholesterol - 10mg
Sodium - 230mg
Protein - 1g

Creamy Italian Dressing - 2 Tbsp.

Cal - 120
Cal/Fat - 110
Fat - 13g
Sat Fat - 2g
Cholesterol - 10mg
Sodium - 300mg
Carbohydrates - 1g
Fiber - 0g
Sugar - 1g
Protein - 0g

**Cucumber Dressing
(Reduced Calorie) - 2 Tbsp.**

Cal - 80
Cal/Fat - 60
Fat - 7g
Sat Fat - 1g
Carbohydrates - 4g
Fiber - 0g
Sugar - 3g
Cholesterol - 0mg
Sodium - 290mg
Protein - 0g

Honey Mustard Dressing - 2 Tbsp.

Cal - 150
Cal/Fat - 120
Fat - 13g
Sat Fat - 2g
Carbohydrates - 8g

Fiber - 0g
Sugar - 6g
Cholesterol - 10mg
Sodium - 230mg
Protein - 0g

Honey Mustard Dressing

(Fat-free) - 2 Tbsp.

Cal - 45
Cal/Fat - 0
Fat - 0g
Sat Fat - 0g
Carbohydrates - 10g
Fiber - 0g
Sugar - 9g
Cholesterol - 10mg
Sodium - 160mg
Protein - 0g

Italian Dressing (Fat-free) - 2 Tbsp.

Cal - 20
Cal/Fat - 0
Fat - 0g
Sat Fat - 0g
Carbohydrates - 5g
Fiber - 0g
Sugar - 4g
Cholesterol - 0mg
Sodium - 340mg
Protein - 0g

Kahlana French Dressing - 2 Tbsp.

Cal - 120
Cal/Fat - 80
Fat - 9g
Sat Fat - 1.5g
Carbohydrates - 10g
Fiber - 0g
Sugar - 9g
Cholesterol - 0mg
Sodium - 520mg
Protein - 0g

Parmesan Pepper Cream Dressing - 2 Tbsp.

Cal - 160
Cal/Fat - 150
Fat - 17g
Sat Fat - 2.5g

Carbohydrates - 2g
Fiber - 0g
Sugar - 1g
Cholesterol - 5mg
Sodium - 330mg
Protein - 1g

Pineapple Vinaigrette - 2 Tbsp.

Cal - 120
Cal/Fat - 100
Fat - 11g
Sat Fat - 1g
Carbohydrates - 5g
Fiber - 0g
Sugar - 5g
Cholesterol - 0mg
Sodium - 110mg
Protein - 0g

Ranch Dressing - 2 Tbsp.

Cal - 130
Cal/Fat - 120
Fat - 13g
Sat Fat - 2g
Carbohydrates - 1g
Fiber - 0g
Sugar - 1g
Cholesterol - 10mg
Sodium - 180mg
Protein - 1g

Ranch Dressing (Fat-free) - 2 Tbsp.

Cal - 50
Cal/Fat - 0
Fat - 0g
Sat Fat - 0g
Carbohydrates - 2g
Fiber - 0g
Sugar - 1g
Cholesterol - 0mg
Sodium - 180mg
Protein - 1g

Roasted Garlic Dressing - 2 Tbsp.

Cal - 140
Cal/Fat - 130
Fat - 14g
Sat Fat - 2g

Carbohydrates - 2g
Fiber - 0g
Sugar - 1g
Cholesterol - 5mg
Sodium - 300mg
Protein - 1g

Sweet Maple Dressing - 2 Tbsp.

Cal - 170
Cal/Fat - 150
Fat - 17g
Sat Fat - 1.5g
Carbohydrates - 6g
Fiber - 0g
Sugar - 6g
Cholesterol - <5mg
Sodium - 50mg
Protein - 0g

Thousand Island Dressing - 2 Tbsp.

Cal - 110
Fat - 11g
Sat Fat - 1.5g
Carbohydrates - 3g
Fiber - 0g
Sugar - 2g
Cholesterol - 5mg
Sodium - 250mg
Protein - 0g