

Souper Salad

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87 restaurants in over 12 states

Balsamic Vinegar Dressing

Serving - 1 oz

Calories - 70

Fat - 0

Saturated Fat - 0

Trans Fat - 0

Cholesterol - 0

Carbohydrates - 16

Sugars - 16

Fiber - 0

Sodium - 0

Protein - 0

Bleu Cheese Dressing

Serving - 1 oz

Calories - 110

Fat - 12

Saturated Fat - 2.5

Trans Fat - 0

Cholesterol - 15

Carbohydrates - 1

Sugars - 1

Fiber - 0

Sodium - 160

Protein - 1

Olive Oil

Serving - 1 tbsp

Calories - 120

Fat - 14

Saturated Fat - 2

Trans Fat - 0

Cholesterol - 0

Carbohydrates - 0

Sugars - 0

Fiber - 0

Protein - 0

Sodium - 0

Caesar Dressing

Serving - 2 tbsp

Calories - 140
Fat - 15
Saturated Fat - 2.5
Trans Fat - 0
Cholesterol - 15
Carbohydrates - 2
Sugars - 2
Fiber - 0
Sodium - 420
Protein - 2

Chipotle Ranch Dressing

Serving - 2 tbsp
Calories - 140
Fat - 14
Saturated Fat - 2
Trans Fat - 0
Cholesterol - 5
Carbohydrates - 4
Sugars - 2
Fiber - 0
Sodium - 240
Protein - 0

Cranberry Vinaigrette

Serving - 2 tbsp
Calories - 50
Fat - 0
Saturated Fat - 0
Trans Fat - 0
Cholesterol - 0
Carbohydrates - 12
Sugars - 10
Fiber - 0
Sodium - 280
Protein - 0

Creamy Bacon Dressing

Serving - 2 tbsp
Calories - 140
Fat - 14
Saturated Fat - 2
Trans Fat - 0
Cholesterol - 0

Carbohydrates - 5
Sugars - 5
Fiber - 0
Sodium - 300
Protein - 0

Fat Free French Dressing

Serving - 2 tbsp
Calories - 140
Fat - 14
Saturated Fat - 2
Trans Fat - 0
Cholesterol - 5
Carbohydrates - 4
Sugars - 2
Fiber - 0
Sodium - 240
Protein - 0

Fat Free Italian Dressing with Cheese

Serving - 2 tbsp
Calories - 30
Fat - 0
Saturated Fat - 0
Trans Fat - 0
Cholesterol - 0
Carbohydrates - 9
Sugars - 5
Fiber - 1
Sodium - 310
Protein - 0

French Dressing

Serving - 2 tbsp
Calories - 30
Fat - 0
Saturated Fat - 0
Trans Fat - 0
Cholesterol - 0
Carbohydrates - 9
Sugars - 5
Fiber - 1
Sodium - 310
Protein - 0

Greek Salad Dressing

Serving - 2 tbsp
Calories - 100
Fat - 10
Saturated Fat - 1.5
Trans Fat - 0
Cholesterol - 0
Carbohydrates - 2
Sugars - 0
Fiber - 0
Sodium - 340
Protein - 0

Green Goddess

Serving - 2 tbsp
Calories - 130
Fat - 12
Saturated Fat - 2
Trans Fat - 0
Cholesterol - 5
Carbohydrates - 2
Sugars - 2
Fiber - 0
Sodium - 290
Protein - 1

Honey Mustard

Serving - 2 tbsp
Calories - 120
Fat - 13
Saturated Fat - 2
Trans Fat - 0
Cholesterol - 10
Carbohydrates - 1
Sugars - 1
Fiber - 0
Sodium - 230
Protein - 0

House Vinaigrette

Serving - 2 tbsp
Calories - 110
Fat - 11

Saturated Fat - 1.5
Trans Fat - 0
Cholesterol - 0
Carbohydrates - 2
Sugars - 2
Fiber - 0
Sodium - 420
Protein - 0

Italian Dressing with Cheese

Serving - 2 tbsp
Calories - 15
Fat - 0
Saturated Fat - 0
Trans Fat - 0
Cholesterol - 0
Carbohydrates - 3
Sugars - 2
Fiber - 0
Sodium - 340
Protein - 0

Peppercorn Ranch Dressing

Serving - 2 tbsp
Calories - 110
Fat - 11
Saturated Fat - 1.5
Trans Fat - 0
Cholesterol - 10
Carbohydrates - 1
Sugars - 1
Fiber - 0
Sodium - 115
Protein - 1

Ranch Dressing

Serving - 2 tbsp
Calories - 110
Fat - 11
Saturated Fat - 1.5
Trans Fat - 0
Cholesterol - 10
Carbohydrates - 1
Sugars - 1

Fiber - 0
Sodium - 115
Protein - 1

Ranch Dressing, Reduced Calorie

Serving - 2 tbsp
Calories - 60
Fat - 5
Saturated Fat - 1
Trans Fat - 0
Cholesterol - 5
Carbohydrates - 10
Sugars - 1
Fiber - 0
Sodium - 65
Protein - 1

Tangy Oriental

Serving - 2 tbsp
Calories - 80
Fat - 6
Saturated Fat - 1
Trans Fat - 0
Cholesterol - 0
Carbohydrates - 5
Sugars - 4
Fiber - 0
Sodium - 380
Protein - 0
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Thousand Island Dressing

Serving - 2 tbsp
Calories - 150
Fat - 15
Saturated Fat - 2.5
Trans Fat - 0
Cholesterol - 10
Carbohydrates - 3
Sugars - 2
Fiber - 0
Sodium - 250
Protein - 0