

McDonalds
www.mcdonalds.com

Newman's Own® Creamy Southwest Dressing - 1.5 fl oz (44 ml)

Calories - 100
Fat - 6
Saturated Fat - 1
Trans Fat - 0
Cholesterol - 20
Sodium - 340
Carbohydrates - 11
Fiber - 0
Sugars - 3
Protein - 1

Newman's Own® Creamy Caesar Dressing - 2 fl oz (59 ml)

Calories - 190
Fat - 18
Saturated Fat - 3.5
Trans Fat - 0
Cholesterol - 20
Sodium - 500
Carbohydrates - 4
Fiber - 0
Sugars - 2
Protein - 2

Newman's Own® Low Fat Balsamic Vinaigrette - 1.5 fl oz (44 ml)

Calories - 40
Fat - 3
Saturated Fat - 0
Trans Fat - 0
Cholesterol - 0
Sodium - 730
Carbohydrates - 4
Fiber - 0
Sugars - 3
Protein - 0

McDonalds
www.mcdonalds.com

Newman's Own® Low Fat Family Recipe Italian Dressing - 1.5 fl oz (44 ml)

Calories - 60
Fat - 2.5
Saturated Fat - 0
Trans Fat - 0
Cholesterol - 0

Sodium - 730
Carbohydrates - 8
Fiber - 0
Sugars - 1
Protein - 1

Newman's Own® Low Fat Sesame Ginger Dressing - 1.5 fl oz (44 ml)

Calories - 90
Fat - 2.5
Saturated Fat - 0
Trans Fat - 0
Cholesterol - 0
Sodium - 740
Carbohydrates - 15
Fiber - 0
Sugars - 10
Protein - 1

Newman's Own® Ranch Dressing - 2 fl oz (59 ml)

Calories - 170
Fat - 15
Saturated Fat - 2.5
Trans Fat - 0
Cholesterol - 20
Sodium - 530
Carbohydrates - 9
Fiber - 0
Sugars - 4
Protein - 1

Burger King
www.bk.com

Ken's Light Italian Dressing - 2 ounces

Calories - 120
Fat - 11
Saturated Fat - 1.5
Trans Fat - 0
Cholesterol - 0
Sodium - 440
Carbohydrates - 5
Fiber - 0
Sugars - 4
Protein - 0

Ken's Ranch Dressing - 2 ounces

Calories - 190
Fat - 20

Saturated Fat - 3
Trans Fat - 0
Cholesterol - 20
Sodium - 560
Carbohydrates - 2
Fiber - 0
Sugars - 1
Protein - 1

Ken's Creamy Caesar Dressing - 2 ounces

Calories - 210
Fat - 21
Saturated Fat - 4
Trans Fat - 0
Cholesterol - 25
Sodium - 610
Carbohydrates - 4
Fiber - 0
Sugars - 3
Protein - 1

Burger King
www.bk.com

Ken's Honey Mustard Dressing - 2 ounces

Calories - 270
Fat - 23
Saturated Fat - 3
Trans Fat - 0
Cholesterol - 20
Sodium - 520
Carbohydrates - 15
Fiber - 0
Sugars - 14
Protein - 1

Ken's Fat Free Ranch Dressing - 2 ounces

Calories - 60
Fat - 0
Saturated Fat - 0
Trans Fat - 0
Cholesterol - 0
Sodium - 120
Carbohydrates - 15
Fiber - 2
Sugars - 5
Protein - 0

Ruby Tuesday
www.rubytuesday.com

Blue Cheese - 1 ounce

Calories - 177
Fat - 19
Saturated Fat - NR
Trans Fat - NR
Cholesterol - NR
Sodium - NR
Carbohydrates - 1
Fiber - 0
Sugars - NR
Protein - NR

Ruby Tuesday
www.rubytuesday.com

Caesar - 1 ounce

Calories - 97
Fat - 10
Saturated Fat - NR
Trans Fat - NR
Cholesterol - NR
Sodium - NR
Carbohydrates - 2
Fiber - 0
Sugars - NR
Protein - NR

Ranch - 1 ounce

Calories - 101
Fat - 11
Saturated Fat - NR
Trans Fat - NR
Cholesterol - NR
Sodium - NR
Carbohydrates - 1
Fiber - 0
Sugars - NR
Protein - NR

Light Ranch - 1 ounce

Calories - 55
Fat - 5
Saturated Fat - NR
Trans Fat - NR

Cholesterol - NR
Sodium - NR
Carbohydrates - 1
Fiber - 0
Sugars - NR
Protein - NR

Ruby Tuesday
www.rubytuesday.com

Smoky Honey Dijon - 1 ounce

Calories - 100
Fat - 8
Saturated Fat - NR
Trans Fat - NR
Cholesterol - NR
Sodium - NR
Carbohydrates - 7
Fiber - 0
Sugars - NR
Protein - NR

Fresh Avocado Ranch - 1 ounce

Calories - 59
Fat - 5
Saturated Fat - NR
Trans Fat - NR
Cholesterol - NR
Sodium - NR
Carbohydrates - 3
Fiber - 0
Sugars - NR
Protein - NR

Honey Mustard - 1 ounce

Calories - 92
Fat - 8
Saturated Fat - NR
Trans Fat - NR
Cholesterol - NR
Sodium - NR
Carbohydrates - 5
Fiber - 0
Sugars - NR
Protein - NR

Fresh Choice

www.freshchoice.com

Locations in California, Texas & Washington State

Azteca Ensalada - 2 Tbsp.

Calories - 72

Fat (gm) - 6.24

Sat. Fat (gm) - 2.04

Trans Fat (gm) - 0

Carbohydrates (gm) - 3.83

Fiber (gm) - 0.13

Sugar (gm) - 0.95

Cholesterol (mg) - 7.92

Sodium (mg) - 124

Protein (gm) - 0.60

Bleu Cheese - 2 Tbsp.

Calories - 73

Fat (gm) - 6.08

Sat. Fat (gm) - 2.13

Trans Fat (gm) - 0.04

Carbohydrates (gm) - 3.41

Fiber (gm) - 0.02

Sugar (gm) - 1.13

Cholesterol (mg) - 8.84

Sodium (mg) - 142

Protein (gm) - 1.48

Chinese Chicken - 2 Tbsp.

Calories - 150

Fat (gm) - 13

Sat. Fat (gm) - 2

Trans Fat (gm) - --

Carbohydrates (gm) - 8

Fiber (gm) - 0

Sugar (gm) - 7

Cholesterol (mg) - 0

Sodium (mg) - 310

Protein (gm) - 0

Fresh Choice

www.freshchoice.com

Locations in California, Texas & Washington State

Chipotle Ranch - 2 Tbsp.

Calories - 118

Fat (gm) - 12

Sat. Fat (gm) - 2

Trans Fat (gm) - --
Carbohydrates (gm) - 1
Fiber (gm) - 0
Sugar (gm) - 1
Cholesterol (mg) - 11
Sodium (mg) - 217
Protein (gm) - 1

Creamy Caesar - 2 Tbsp.

Calories - 130
Fat (gm) - 13
Sat. Fat (gm) - 3
Trans Fat (gm) - 0
Carbohydrates (gm) - 2
Fiber (gm) - 0
Sugar (gm) - 1
Cholesterol (mg) - 5
Sodium (mg) - 400
Protein (gm) - 1

Creamy Italian - 2 Tbsp.

Calories - 130
Fat (gm) - 13
Sat. Fat (gm) - 2
Trans Fat (gm) - --
Carbohydrates (gm) - 2
Fiber (gm) - 0
Sugar (gm) - 2
Cholesterol (mg) - 0
Sodium (mg) - 220
Protein (gm) - 0

Fresh Choice

www.freshchoice.com

Locations in California, Texas & Washington State

Creamy Sundried Tomato Pesto Ranch - 2 Tbsp.

Calories - 131
Fat (gm) - 13
Sat. Fat (gm) - 2
Trans Fat (gm) - --
Carbohydrates (gm) - 2
Fiber (gm) - 0
Sugar (gm) - 1
Cholesterol (mg) - 11
Sodium (mg) - 222
Protein (gm) - 1

Fat Free Honey Dijon - 2 Tbsp.

Calories - 50
Fat (gm) - 0
Sat. Fat (gm) - 0
Trans Fat (gm) - 0
Carbohydrates (gm) - 12
Fiber (gm) - 0
Sugar (gm) - 11
Cholesterol (mg) - 0
Sodium (mg) - 290
Protein (gm) - 0

Fat Free Italian - 2 Tbsp.

Calories - 15
Fat (gm) - 0
Sat. Fat (gm) - 0
Trans Fat (gm) - 0
Carbohydrates (gm) - 2
Fiber (gm) - 0
Sugar (gm) - 1
Cholesterol (mg) - 0
Sodium (mg) - 300
Protein (gm) - 0

Fresh Choice

www.freshchoice.com

Locations in California, Texas & Washington State

Fat Free Ranch - 2 Tbsp.

Calories - 35
Fat (gm) - 0
Sat. Fat (gm) - 0
Trans Fat (gm) - 0
Carbohydrates (gm) - 8
Fiber (gm) - 1
Sugar (gm) - 3
Cholesterol (mg) - 0
Sodium (mg) - 410
Protein (gm) - 1

Honey Citrus - 2 Tbsp.

Calories - 90
Fat (gm) - 4
Sat. Fat (gm) - 1
Trans Fat (gm) - --
Carbohydrates (gm) - 14

Fiber (gm) - 0
Sugar (gm) - 12
Cholesterol (mg) - 0
Sodium (mg) - 85
Protein (gm) - 0

Honey Lemon Vinaigrette - 2 Tbsp.

Calories - 123
Fat (gm) - 12
Sat. Fat (gm) - 2
Trans Fat (gm) - --
Carbohydrates (gm) - 5
Fiber (gm) - 0
Sugar (gm) - 2
Cholesterol (mg) - 0
Sodium (mg) - 437
Protein (gm) - 0

Fresh Choice

www.freshchoice.com

Locations in California, Texas & Washington State

Honey Lime Chipotle - 2 Tbsp.

Calories - 123
Fat (gm) - 11
Sat. Fat (gm) - 2
Trans Fat (gm) - --
Carbohydrates (gm) - 7
Fiber (gm) - 0
Sugar (gm) - 6
Cholesterol (mg) - 0
Sodium (mg) - 12
Protein (gm) - 0

Oriental Sesame - 2 Tbsp.

Calories - 130
Fat (gm) - 12
Sat. Fat (gm) - 2
Trans Fat (gm) - --
Carbohydrates (gm) - 6
Fiber (gm) - 0
Sugar (gm) - 6
Cholesterol (mg) - 0
Sodium (mg) - 440
Protein (gm) - 0

Parmesan Peppercorn - 2 Tbsp.

Calories - 150
Fat (gm) - 16
Sat. Fat (gm) - 3
Trans Fat (gm) - 0
Carbohydrates (gm) - 2
Fiber (gm) - 0
Sugar (gm) - 1
Cholesterol (mg) - 10
Sodium (mg) - 320
Protein (gm) - 1

Fresh Choice

www.freshchoice.com

Locations in California, Texas & Washington State

Pesto Ranch - 2 Tbsp.

Calories - 30
Fat (gm) - 12
Sat. Fat (gm) - 2
Trans Fat (gm) - --
Carbohydrates (gm) - 1
Fiber (gm) - 0
Sugar (gm) - 1
Cholesterol (mg) - 10
Sodium (mg) - 209
Protein (gm) - 1

Ranch - 2 Tbsp.

Calories - 130
Fat (gm) - 13
Sat. Fat (gm) - 2
Trans Fat (gm) - 0
Carbohydrates (gm) - 1
Fiber (gm) - 0
Sugar (gm) - 1
Cholesterol (mg) - 15
Sodium (mg) - 210
Protein (gm) - 1

Roasted Garlic Balsamic Vinaigrette - 2 Tbsp.

Calories - 140
Fat (gm) - 14
Sat. Fat (gm) - 2
Trans Fat (gm) - 0
Carbohydrates (gm) - 3
Fiber (gm) - 0
Sugar (gm) - 3

Cholesterol (mg) - 0
Sodium (mg) - 220
Protein (gm) - 0

Fresh Choice

www.freshchoice.com

Locations in California, Texas & Washington State

Sundried Tomato Vinaigrette - 2 Tbsp.

Calories - 90
Fat (gm) - 9
Sat. Fat (gm) - 2
Trans Fat (gm) - 0
Carbohydrates (gm) - 3
Fiber (gm) - 0
Sugar (gm) - 3
Cholesterol (mg) - 0
Sodium (mg) - 310
Protein (gm) - 0

Thousand Island - 2 Tbsp.

Calories - 130
Fat (gm) - 13
Sat. Fat (gm) - 2
Trans Fat (gm) - 0
Carbohydrates (gm) - 3
Fiber (gm) - 0
Sugar (gm) - 2
Cholesterol (mg) - 10
Sodium (mg) - 140
Protein (gm) - 0

Old Country Buffet

Home Town Buffet

Country Buffet

www.buffet.com

360 Locations Nationwide

Blue Cheese - 2 Tbsp.

Calories - 170
Fat (gm) - 18
Sat. Fat (gm) - 2.5
Trans Fat (gm) - NR
Carbohydrates (gm) - 1
Fiber (gm) - 0
Sugar (gm) - NR
Cholesterol (mg) - 15

Sodium (mg) - 135
Protein (gm) - 1

Old Country Buffet
Home Town Buffet
Country Buffet
www.buffet.com
360 Locations Nationwide

Creamy Italian - 2 Tbsp.
Calories - 110
Fat (gm) - 11
Sat. Fat (gm) - 1.5
Trans Fat (gm) - NR
Carbohydrates (gm) - 3
Fiber (gm) - 0
Sugar (gm) - NR
Cholesterol (mg) - 0
Sodium (mg) - 450
Protein (gm) - 0

Fat Free French - 2 Tbsp.
Calories - 35
Fat (gm) - 0
Sat. Fat (gm) - 0
Trans Fat (gm) - NR
Carbohydrates (gm) - 8
Fiber (gm) - 0
Sugar (gm) - NR
Cholesterol (mg) - 0
Sodium (mg) - 210
Protein (gm) - 0

French - 2 Tbsp.
Calories - 150
Fat (gm) - 12
Sat. Fat (gm) - 2
Trans Fat (gm) - NR
Carbohydrates (gm) - 12
Fiber (gm) - 0
Sugar (gm) - NR
Cholesterol (mg) - 0
Sodium (mg) - 230
Protein (gm) - 0

Old Country Buffet
Home Town Buffet

Country Buffet
www.buffet.com
360 Locations Nationwide

Italian - 2 Tbsp.
Calories - 120
Fat (gm) - 11
Sat. Fat (gm) - 1.5
Trans Fat (gm) - NR
Carbohydrates (gm) - 5
Fiber (gm) - 0
Sugar (gm) - NR
Cholesterol (mg) - 0
Sodium (mg) - 430
Protein (gm) - 0

Low Fat Italian - 2 Tbsp.
Calories - 25
Fat (gm) - 2
Sat. Fat (gm) - 0
Trans Fat (gm) - NR
Carbohydrates (gm) - 2
Fiber (gm) - 0
Sugar (gm) - NR
Cholesterol (mg) - 0
Sodium (mg) - 430
Protein (gm) - 0

Ranch - 2 Tbsp.
Calories - 110
Fat (gm) - 11
Sat. Fat (gm) - 1.5
Trans Fat (gm) - NR
Carbohydrates (gm) - 1
Fiber (gm) - 0
Sugar (gm) - NR
Cholesterol (mg) - 15
Sodium (mg) - 240
Protein (gm) - 0

Old Country Buffet
Home Town Buffet
Country Buffet
www.buffet.com
360 Locations Nationwide

Reduced Fat Ranch - 2 Tbsp.

Calories - 60
Fat (gm) - 6
Sat. Fat (gm) - 1
Trans Fat (gm) - NR
Carbohydrates (gm) - 2
Fiber (gm) - 0
Sugar (gm) - NR
Cholesterol (mg) - 10
Sodium (mg) - 230
Protein (gm) - 0

Golden Corral
www.goldencorral.com
500 restaurants in over 40 states

Blue Cheese - 2 Tbsp.
Calories - 190
Fat (gm) - 20
Sat. Fat (gm) - 3.5
Trans Fat (gm) - NR
Carbohydrates (gm) - 2
Fiber (gm) - 0
Sugar (gm) - 0
Cholesterol (mg) - 15
Sodium (mg) - 240
Protein (gm) - 0

Creamy Caesar Dressing - 2 Tbsp.
Calories - 110
Fat (gm) - 11
Sat. Fat (gm) - 2
Trans Fat (gm) - NR
Carbohydrates (gm) - 2
Fiber (gm) - 0
Sugar (gm) - 1
Cholesterol (mg) - 10
Sodium (mg) - 350
Protein (gm) - 1

Golden Corral
www.goldencorral.com
500 restaurants in over 40 states

Dijon Honey Mustard - 2 Tbsp.
Calories - 130
Fat (gm) - 11
Sat. Fat (gm) - 1.5

Trans Fat (gm) - NR
Carbohydrates (gm) - 7
Fiber (gm) - 0
Sugar (gm) - 7
Cholesterol (mg) - 15
Sodium (mg) - 210
Protein (gm) - 0

Fat Free Ranch - 2 Tbsp.

Calories - 35
Fat (gm) - 0
Sat. Fat (gm) - 0
Trans Fat (gm) - NR
Carbohydrates (gm) - 2
Fiber (gm) - 0
Sugar (gm) - 6
Cholesterol (mg) - 0
Sodium (mg) - 290
Protein (gm) - 0

Fat Free Red French - 2 Tbsp.

Calories - 40
Fat (gm) - 0
Sat. Fat (gm) - 0
Trans Fat (gm) - NR
Carbohydrates (gm) - 10
Fiber (gm) - 0
Sugar (gm) - 6
Cholesterol (mg) - 0
Sodium (mg) - 300
Protein (gm) - 0

Golden Corral

www.goldencorral.com

500 restaurants in over 40 states

Fat Free Thousand Island - 2 Tbsp.

Calories - 40
Fat (gm) - 0
Sat. Fat (gm) - 0
Trans Fat (gm) - NR
Carbohydrates (gm) - 9
Fiber (gm) - 0
Sugar (gm) - 4
Cholesterol (mg) - 0
Sodium (mg) - 250
Protein (gm) - 0

French - 2 Tbsp.

Calories - 120

Fat (gm) - 11

Sat. Fat (gm) - 1.5

Trans Fat (gm) - NR

Carbohydrates (gm) - 5

Fiber (gm) - 0

Sugar (gm) - 5

Cholesterol (mg) - 0

Sodium (mg) - 180

Protein (gm) - 0

Hot Bacon Dressing - 2 Tbsp.

Calories - 140

Fat (gm) - 14

Sat. Fat (gm) - 2

Trans Fat (gm) - NR

Carbohydrates (gm) - 5

Fiber (gm) - 0

Sugar (gm) - 5

Cholesterol (mg) - 0

Sodium (mg) - 310

Protein (gm) - 0

Golden Corral

www.goldencorral.com

500 restaurants in over 40 states

Lite Olive Oil Vinaigrette - 2 Tbsp.

Calories - 60

Fat (gm) - 6

Sat. Fat (gm) - 1

Trans Fat (gm) - NR

Carbohydrates (gm) - 3

Fiber (gm) - 0

Sugar (gm) - 2

Cholesterol (mg) - 0

Sodium (mg) - 230

Protein (gm) - 0

Poppy Seed Dressing - 2 Tbsp.

Calories - 130

Fat (gm) - 10

Sat. Fat (gm) - 1.5

Trans Fat (gm) - NR

Carbohydrates (gm) - 8

Fiber (gm) - 0
Sugar (gm) - 7
Cholesterol (mg) - 15
Sodium (mg) - 260
Protein (gm) - 0

Ranch Dressing - 2 Tbsp.

Calories - 120
Fat (gm) - 12
Sat. Fat (gm) - 2
Trans Fat (gm) - NR
Carbohydrates (gm) - 2
Fiber (gm) - 0
Sugar (gm) - 0
Cholesterol (mg) - 10
Sodium (mg) - 240
Protein (gm) - 0

Golden Corral

www.goldencorral.com

500 restaurants in over 40 states

Red French Dressin - 2 Tbsp.

Calories - 120
Fat (gm) - 11
Sat. Fat (gm) - 1.5
Trans Fat (gm) - NR
Carbohydrates (gm) - 7
Fiber (gm) - 0
Sugar (gm) - 7
Cholesterol (mg) - 0
Sodium (mg) - 370
Protein (gm) - 0

Sesame Oriental Dressing - 2 Tbsp.

Calories - 160
Fat (gm) - 15
Sat. Fat (gm) - 2
Trans Fat (gm) - NR
Carbohydrates (gm) - 6
Fiber (gm) - 0
Sugar (gm) - 6
Cholesterol (mg) - 0
Sodium (mg) - 440
Protein (gm) - 0

Thousand Island - 2 Tbsp.

Calories - 130
Fat (gm) - 11
Sat. Fat (gm) - 1.5
Trans Fat (gm) - NR
Carbohydrates (gm) - 6
Fiber (gm) - 2
Sugar (gm) - 5
Cholesterol (mg) - 10
Sodium (mg) - 280
Protein (gm) - 0

Souper Salad

www.soupersalad.com

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

Souper Salad

www.soupersalad.com

87 restaurants in over 12 states

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

Souper Salad

www.soupersalad.com

87 restaurants in over 12 states

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

Souper Salad

www.soupersalad.com

87 restaurants in over 12 states

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

Souper Salad

www.soupersalad.com

87 restaurants in over 12 states

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

Souper Salad

www.soupersalad.com

87 restaurants in over 12 states

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

Souper Salad

www.soupersalad.com

87 restaurants in over 12 states

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

- q

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

Souplantation

www. sweettomatoes.com

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

Souplantation

www. sweettomatoes.com

100 restaurants in 15 states

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

Souplantation

[www. sweettomatoes.com](http://www.sweettomatoes.com)

100 restaurants in 15 states

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

Souplantation

**[www. sweettomatoes.com](http://www.sweettomatoes.com)
100 restaurants in 15 states**

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

Souplantation**[www. sweettomatoes.com](http://www.sweettomatoes.com)****100 restaurants in 15 states****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

Souplantation

www. [sweettomatoes.com](http://www.sweettomatoes.com)
100 restaurants in 15 states

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

Souplantation

www. sweettomatoes.com
100 restaurants in 15 states

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