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## 55002 FAT FREE 1000 ISLAND DRESSING

Created: 6/13/11

Supersedes: N/A

Weight: 100 grams

<i>Nutrient</i>	<i>Value</i>	<i>Nutrient</i>	<i>Value</i>
Gram Weight (g)	100.00	Calcium (mg)	24.26
Calories (kcal)	163.35	Chromium (mcg)	
Calories from Fat (kcal)	2.48	Copper (mg)	0.01
Calories from SatFat (kcal)	0.39	Fluoride (mg)	
Protein (g)	0.97	Iodine (mcg)	0
Carbohydrates (g)	38.42	Iron (mg)	0.21
Dietary Fiber (g)	0.56	Magnesium (mg)	0.46
Soluble Fiber (g)	0	Manganese (mg)	1.29
Total Sugars (g)	29.20	Molybdenum (mcg)	
Monosaccharides (g)	0	Phosphorus (mg)	15.57
Disaccharides (g)	3.19	Potassium (mg)	110.85
Other Carbs (g)	5.56	Selenium (mcg)	0.15
Fat (g)	0.28	Sodium (mg)	784.98
Saturated Fat (g)	0.04	Zinc (mg)	0.04
Mono Fat (g)	0.03	Omega 3 Fatty Acid (g)	0
Poly Fat (g)	0.03	Omega 6 Fatty Acid (g)	0
Trans Fatty Acid (g)	0	Alcohol (g)	0.04
Cholesterol (mg)	0.32	Caffeine (mg)	0
Water (g)	56.42	Choline (mg)	
Vitamin A - IU (IU)	140.39	Sulfites (ppm)	8.68
Vitamin A - RE (RE)	0.32		
Vitamin A - RAE (RAE)	0.23		
Vitamin A - Carotenoid RE (RE)	0		
Vitamin A - Retinol RE (RE)	0.93		
Beta-Carotene (mcg)	47.18		
Vitamin B1 - Thiamin (mg)	0.08		
Vitamin B2 - Riboflavin (mg)	0.10		
Vitamin B3 - Niacin (mg)	0.07		
Niacin Equivalents (mg)	0.00		
Vitamin B6 (mg)	0.00		
Vitamin B12 (mcg)	0		
Biotin (mcg)	0		
Vitamin C (mg)	3.86		
Vitamin D - IU (IU)	0		
Vitamin D - mcg (mcg)	0		
Vitamin E - Alpha-Toco (mg)	0		
Folate (mcg)	0.01		
Folate, DFE (mcg)	0		
Vitamin K (mcg)	0.00		
Pantothenic Acid (mg)	0.00		

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Technical Services