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## 55303 SOPHIA'S MEDITERRANEAN DRESSING

Updated: 1/21/11

Supersedes: 3/29/10

Weight: 42.5 g/serving (1.5 oz)

### Nutrition Facts

Serving Size 1.5 oz. (43g)

Servings Per Container

Amount Per Serving

Calories 180    Calories from Fat 180

% Daily Value\*

Total Fat 20g    31%

Saturated Fat 3g    15%

Trans Fat 0g

Polyunsaturated Fat 12g

Monounsaturated Fat 4.5g

Cholesterol 0mg    0%

Sodium 440mg    18%

Total Carbohydrate 0g    0%

Dietary Fiber 0g    1%

Sugars 0g

Protein 0g

Vitamin A 0%    • Vitamin C 0%

Calcium 0%    • Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

### Ingredients:

SOYBEAN OIL, WATER, DISTILLED VINEGAR, SALT, MONOSODIUM GLUTAMATE, LEMON JUICE CONCENTRATE, XANTHAN GUM, SPICES, DRIED GARLIC, CITRIC ACID, SODIUM BENZOATE (PRESERVATIVE), CARAMEL COLOR.

### Notes:

Omega 3 = 1.5 g (1410 mg) /serving

Omega 6 = 11.0 g (10590 mg) /serving

George Wallace  
Technical Services