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56299 LITE ITALIAN DRESSING

Created: 6/13/11

Supersedes: N/A

Weight: 100 grams

Nutrient	Value
Gram Weight (g)	100.00
Calories (kcal)	183.20
Calories from Fat (kcal)	132.99
Calories from SatFat (kcal)	19.60
Protein (g)	0.25
Carbohydrates (g)	11.66
Dietary Fiber (g)	0.52
Soluble Fiber (g)	0.18
Total Sugars (g)	10.22
Monosaccharides (g)	0
Disaccharides (g)	9.89
Other Carbs (g)	0.15
Fat (g)	15.03
Saturated Fat (g)	2.18
Mono Fat (g)	3.49
Poly Fat (g)	8.90
Trans Fatty Acid (g)	0.15
Cholesterol (mg)	0
Water (g)	69.31
Vitamin A - IU (IU)	236.31
Vitamin A - RE (RE)	22.95
Vitamin A - RAE (RAE)	22.95
Vitamin A - Carotenoid RE (RE)	0
Vitamin A - Retinol RE (RE)	0
Beta-Carotene (mcg)	124.34
Vitamin B1 - Thiamin (mg)	0.17
Vitamin B2 - Riboflavin (mg)	0.17
Vitamin B3 - Niacin (mg)	0.19
Niacin Equivalents (mg)	0.03
Vitamin B6 (mg)	0.01
Vitamin B12 (mcg)	0
Biotin (mcg)	0.00
Vitamin C (mg)	10.79
Vitamin D - IU (IU)	0
Vitamin D - mcg (mcg)	0
Vitamin E - Alpha-Toco (mg)	0.01
Folate (mcg)	1.09
Folate, DFE (mcg)	0
Vitamin K (mcg)	0.83
Pantothenic Acid (mg)	0.00

Nutrient	Value
Calcium (mg)	7.97
Chromium (mcg)	
Copper (mg)	0.01
Fluoride (mg)	
Iodine (mcg)	0
Iron (mg)	0.34
Magnesium (mg)	2.20
Manganese (mg)	0.02
Molybdenum (mcg)	
Phosphorus (mg)	4.77
Potassium (mg)	54.79
Selenium (mcg)	0.07
Sodium (mg)	1153.19
Zinc (mg)	0.06
Omega 3 Fatty Acid (g)	1.05
Omega 6 Fatty Acid (g)	7.88
Alcohol (g)	0
Caffeine (mg)	0
Choline (mg)	
Sulfites (ppm)	0.63

George Wallace
Technical Services