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## 55691 REDUCED CALORIE GOLDEN ITALIAN DRESSING

Updated: 4/13/11

Supersedes: 4/5/10

Weight: 100 grams

| <b>Nutrient</b>                | <b>Value</b> | <b>Nutrient</b>        | <b>Value</b> |
|--------------------------------|--------------|------------------------|--------------|
| Gram Weight (g)                | 100.00       | Calcium (mg)           | 10.06        |
| Calories (kcal)                | 186.74       | Chromium (mcg)         | 0            |
| Calories from Fat (kcal)       | 110.93       | Copper (mg)            | 0.01         |
| Calories from SatFat (kcal)    | 16.34        | Fluoride (mg)          |              |
| Protein (g)                    | 0.17         | Iodine (mcg)           | 0            |
| Carbohydrates (g)              | 18.94        | Iron (mg)              | 0.24         |
| Dietary Fiber (g)              | 0.65         | Magnesium (mg)         | 1.18         |
| Soluble Fiber (g)              | 0.26         | Manganese (mg)         | 0.02         |
| Total Sugars (g)               | 14.16        | Molybdenum (mcg)       | 0            |
| Monosaccharides (g)            | 0            | Phosphorus (mg)        | 2.73         |
| Disaccharides (g)              | 0            | Potassium (mg)         | 48.98        |
| Other Carbs (g)                | 3.58         | Selenium (mcg)         | 0.08         |
| Fat (g)                        | 12.53        | Sodium (mg)            | 1014.73      |
| Saturated Fat (g)              | 1.82         | Zinc (mg)              | 0.04         |
| Mono Fat (g)                   | 2.91         | Omega 3 Fatty Acid (g) | 0.87         |
| Poly Fat (g)                   | 7.41         | Omega 6 Fatty Acid (g) | 6.56         |
| Trans Fatty Acid (g)           | 0.13         | Alcohol (g)            | 0.00         |
| Cholesterol (mg)               | 0            | Caffeine (mg)          | 0            |
| Water (g)                      | 65.68        | Choline (mg)           |              |
| Vitamin A - IU (IU)            | 74.21        | Sulfites (ppm)         | 5.28         |
| Vitamin A - RE (RE)            | 1.79         |                        |              |
| Vitamin A - RAE (RAE)          | 1.79         |                        |              |
| Vitamin A - Carotenoid RE (RE) | 0            |                        |              |
| Vitamin A - Retinol RE (RE)    | 0            |                        |              |
| Beta-Carotene (mcg)            | 9.70         |                        |              |
| Vitamin B1 - Thiamin (mg)      | 0.00         |                        |              |
| Vitamin B2 - Riboflavin (mg)   | 0.00         |                        |              |
| Vitamin B3 - Niacin (mg)       | 0.01         |                        |              |
| Niacin Equivalents (mg)        | 0.00         |                        |              |
| Vitamin B6 (mg)                | 0.00         |                        |              |
| Vitamin B12 (mcg)              | 0            |                        |              |
| Biotin (mcg)                   | 0            |                        |              |
| Vitamin C (mg)                 | 1.80         |                        |              |
| Vitamin D - IU (IU)            | 0            |                        |              |
| Vitamin D - mcg (mcg)          | 0            |                        |              |
| Vitamin E - Alpha-Toco (mg)    | 0.02         |                        |              |
| Folate (mcg)                   | 0.23         |                        |              |
| Folate, DFE (mcg)              | 0            |                        |              |
| Vitamin K (mcg)                | 0.10         |                        |              |
| Pantothenic Acid (mg)          | 0.00         |                        |              |

George Wallace  
Technical Services