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55839 LITE COUNTRY RANCH DRESSING

Updated: 5/20/11

Supersedes: 1/5/10

Weight: 100 grams

Nutrient	Value	Nutrient	Value
Gram Weight (g)	100.00	Calcium (mg)	27.44
Calories (kcal)	218.68	Chromium (mcg)	0
Calories from Fat (kcal)	162.63	Copper (mg)	0.03
Calories from SatFat (kcal)	26.40	Fluoride (mg)	0
Protein (g)	0.99	Iodine (mcg)	0.35
Carbohydrates (g)	12.78	Iron (mg)	0.41
Dietary Fiber (g)	0.28	Magnesium (mg)	4.14
Soluble Fiber (g)	0.12	Manganese (mg)	0.29
Total Sugars (g)	2.90	Molybdenum (mcg)	0
Monosaccharides (g)	0	Phosphorus (mg)	22.30
Disaccharides (g)	1.75	Potassium (mg)	43.72
Other Carbs (g)	6.36	Selenium (mcg)	0.03
Fat (g)	18.36	Sodium (mg)	927.18
Saturated Fat (g)	2.93	Zinc (mg)	0.11
Mono Fat (g)	4.35	Omega 3 Fatty Acid (g)	1.22
Poly Fat (g)	10.39	Omega 6 Fatty Acid (g)	9.18
Trans Fatty Acid (g)	0.20	Alcohol (g)	0
Cholesterol (mg)	22.09	Caffeine (mg)	0
Water (g)	65.10	Choline (mg)	0
Vitamin A - IU (IU)	115.33	Sulfites (ppm)	1.21
Vitamin A - RE (RE)	1.46		
Vitamin A - RAE (RAE)	0		
Vitamin A - Carotenoid RE (RE)	1.46		
Vitamin A - Retinol RE (RE)	0		
Beta-Carotene (mcg)	44.60		
Vitamin B1 - Thiamin (mg)	0.01		
Vitamin B2 - Riboflavin (mg)	0.04		
Vitamin B3 - Niacin (mg)	0.02		
Niacin Equivalents (mg)	0.00		
Vitamin B6 (mg)	0.02		
Vitamin B12 (mcg)	0.06		
Biotin (mcg)	0		
Vitamin C (mg)	1.05		
Vitamin D - IU (IU)	2.68		
Vitamin D - mcg (mcg)	0		
Vitamin E - Alpha-Toco (mg)	0.08		
Folate (mcg)	2.98		
Folate, DFE (mcg)	0		
Vitamin K (mcg)	0.49		
Pantothenic Acid (mg)	0.11		

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Technical Services