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## 56373 POPPYSEED DRESSING

Created: 7/17/12

Supersedes: N/A

Weight: 100 grams

<b>Nutrient</b>	<b>Value</b>	<b>Nutrient</b>	<b>Value</b>
Gram Weight (g)	100.00	Pantothenic Acid (mg)	0.02
Calories (kcal)	415.44	Calcium (mg)	22.83
Calories from Fat (kcal)	273.51	Chromium (mcg)	0
Calories from SatFat (kcal)	40.41	Copper (mg)	0.02
Protein (g)	0.61	Fluoride (mg)	0
Carbohydrates (g)	34.45	Iodine (mcg)	0
Dietary Fiber (g)	0.39	Iron (mg)	0.15
Soluble Fiber (g)	0.21	Magnesium (mg)	1.37
Total Sugars (g)	31.78	Manganese (mg)	0.33
Monosaccharides (g)	0	Molybdenum (mcg)	0
Disaccharides (g)	0	Phosphorus (mg)	16.29
Other Carbs (g)	1.97	Potassium (mg)	59.37
Fat (g)	30.90	Selenium (mcg)	0.33
Saturated Fat (g)	4.49	Sodium (mg)	474.75
Mono Fat (g)	7.18	Zinc (mg)	0.06
Poly Fat (g)	18.26	Omega 3 Fatty Acid (g)	2.15
Trans Fatty Acid (g)	0.31	Omega 6 Fatty Acid (g)	16.19
Cholesterol (mg)	3.66	Alcohol (g)	0.02
Ash (g)	1.42	Caffeine (mg)	0
Water (g)	32.11	Choline (mg)	0.03
Vitamin A - IU (IU)	11.23	Sulfites (ppm)	1.46
Vitamin A - RE (RE)	0		
Vitamin A - RAE (RAE)	0		
Vitamin A - Carotenoid RE (RE)	0		
Vitamin A - Retinol RE (RE)	0		
Beta-Carotene (mcg)	0		
Vitamin B1 - Thiamin (mg)	0.05		
Vitamin B2 - Riboflavin (mg)	0.07		
Vitamin B3 - Niacin (mg)	0.05		
Niacin Equivalents (mg)	0.01		
Vitamin B6 (mg)	0.00		
Vitamin B12 (mcg)	0.01		
Biotin (mcg)	0		
Vitamin C (mg)	0.30		
Vitamin D - IU (IU)	0.61		
Vitamin D - mcg (mcg)	0		
Vitamin E - Alpha-Toco (mg)	0.02		
Folate (mcg)	0.63		
Folate, DFE (mcg)	0.19		
Vitamin K (mcg)	0		

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Technical Services