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56447 LITE RANCH DRESSING

Created: 5/22/13

Supersedes: N/A

Weight: 100 grams

Nutrient	Value
Gram Weight (g)	100.00
Calories (kcal)	270.63
Calories from Fat (kcal)	163.53
Calories from SatFat (kcal)	25.38
Protein (g)	1.29
Carbohydrates (g)	24.12
Dietary Fiber (g)	0.66
Soluble Fiber (g)	0.33
Total Sugars (g)	8.48
Other Carbs (g)	12.90
Fat (g)	18.47
Saturated Fat (g)	2.82
Mono Fat (g)	4.35
Poly Fat (g)	10.59
Trans Fatty Acid (g)	0.19
Cholesterol (mg)	20.52
Ash (g)	1.33
Water (g)	53.30
Vitamin A - IU (IU)	30.30
Vitamin A - RE (RE)	0.16
Vitamin A - RAE (RAE)	6.54
Vitamin A - Retinol RE (RE)	6.53
Vitamin A - Carotenoid RE (RE)	0.16
Beta-Carotene (mcg)	0.17
Vitamin B1 - Thiamin (mg)	0.13
Vitamin B2 - Riboflavin (mg)	0.16
Vitamin B3 - Niacin (mg)	0.14
Vitamin B6 (mg)	0.02
Vitamin B12 (mcg)	0.05
Biotin (mcg)	0
Vitamin C (mg)	0.69
Vitamin D - IU (IU)	2.63
Vitamin D - mcg (mcg)	0.06
Vitamin E - mg (mg)	0.05
Folate (mcg)	2.57
Vitamin K (mcg)	0.11
Pantothenic Acid (mg)	0.10
Calcium (mg)	24.66
Copper (mg)	0.03
Iron (mg)	0.41

Nutrient	Value
Magnesium (mg)	3.84
Manganese (mg)	0.03
Phosphorus (mg)	21.82
Potassium (mg)	71.08
Selenium (mcg)	1.22
Sodium (mg)	412.92
Zinc (mg)	0.11
Omega 3 Fatty Acid (g)	1.25
Omega 6 Fatty Acid (g)	9.37
Alcohol (g)	0.06
Caffeine (mg)	0
Choline (mg)	14.75
Sulfites (ppm)	6.44

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Technical Services