

# Roly Poly Sauces and Dressing Nutritional Information

Serving size: 1 Tbls

Recipe Name	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sugars (g)	Total Dietary Fiber (g)	Sodium (mg)
ASIAN TAHINI DRESSING	61	1	3	5	1	0	2	0	123
BALSAMIC VINEGAR DRESSING	55	0	0	6	1	0	0	0	135
BASIL MAYO	87	0	0	9	1	4	0	0	65
BBQ RANCH DRESSING	68	0	1	7	1	4	0	0	138
BLUE CHEESE DRESSING	80	0	1	8	1	5	0	0	170
CAESAR DRESSING	90	0	0	10	1	2	0	0	175
CHIPOTLE RANCH	75	0	1	8	1	0	1	0	142
CRANBERRY HONEY MUSTARD	53	0	4	4	0	2	4	0	35
CREAMY ITALIAN DRESSING	55	0	4	5	0	0	3	3	130
CURRY SAUCE	101	0	0	11	1	5	0	0	75
DILL DRESSING	106	0	0	11	1	5	0	0	90
DILL HORSERADISH SAUCE	54	0	1	5	0	1	0	0	114
FAJITA SAUCE	76	0	1	8	1	5	0	0	144
FAT FREE APPLE RANCH DRESSING	23	0	5	0	0	0	1	0	151
FAT FREE CREOLE SAUCE	15	0	3	0	0	0	1	0	129
FAT FREE CURRIED MAYONNAISE	11	0	2	0	0	0	1	0	120
FAT FREE HORSEY RANCH	27	0	5	0	0	0	1	0	182
FAT FREE RANCH DRESSING	15	0	4	0	0	0	1	0	170
FAT FREE SUNDRIED TOMATO BAS	24	0	5	0	0	0	1	0	187
HONEY MUSTARD DRESSING	80	0	2	7	1	5	1	0	110
HONEY MUSTARD RELISH	66	0	2	6	1	4	2	0	147
HORSEY (HORSERADISH) SAUCE	94	0	0	10	1	4	0	0	80
LITE DILL DRESSING	17	0	2	1	0	2	1	0	135
LOWER FAT BLUE CHEESE DRESSIN	47	0	2	4	1	0	0	0	156
ORIENTAL SESAME DRESSING	65	0	3	0	0	0	3	0	200
PEACH SALSA	9	0	2	0	0	0	1	0	54
PEACHES & PEPPER RELISH	71	0	16	0	0	0	11	0	59
PESTO MAYONNAISE	104	0	0	11	1	5	0	0	81
RANCH DRESSING	50	0	0	5	0	5	0	0	135
ROASTED RED PEPPER MAYONNAI	23	0	0	2	0	1	0	0	41
ROASTED RED PEPPER HUMMUS	84	3	10	3	1	0	2	2	286
SPICY CAJUN MAYONNAISE	35	0	0	3	1	1	0	0	34
TARRAGON MAYONNAISE	100	0	0	11	1	5	0	0	76