

Nutritional Comparison Between Bottled Dressings and “Dressed to the Nines” Dressings (two-tablespoon serving)

Dressing	Calorie (kcal)	Fat (g)	Sat fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Pro (g)	Vit A (%DV)	Vit C (%DV)	Folate (%DV)	Ca (%DV)	Fe (%DV)	K (%DV)
Bottled Vinaigrette	150	16	2.5	0	150	2	0	0	0	0	0	0	0	0
Bottled Ranch Dressing	140	14	1.5	10	260	1	0	1	0	2	0	0	0	1
Vanilla-Pear Vinaigrette	20	0	0	0	85	5	1	0	0	0	0	0	0	1
Smoky-Tomato Vinaigrette	40	3.5	0.5	0	250	2	0	0	4	4	1	0	2	2
Green Empress Dressing	60	2.5	0	0	130	7	2	2	30	35	8	6	6	4
Apricot Vinaigrette	35	0	0	0	85	9	1	0	20	4	0	0	2	3
Tuna Caesar Dressing	80	5	1	10	115	1	0	8	0	6	1	2	2	3
Habanero Peach Vinaigrette	30	0	0	0	170	8	1	0	6	4	0	0	2	3
Creamy Harvest Dressing	50	0	0	0	95	12	1	1	70	15	2	2	2	3
Ginger Pineapple Dressing	35	0	0	0	160	9	0	0	0	8	1	0	2	2
Chipotle Black Bean Vinaigrette	60	2.5	0	0	130	7	2	2	2	4	4	2	4	38
Creamy Cilantro-Lime Vinaigrette	80	2.5	0	0	125	11	3	3	2	6	12	2	6	10
Warm White Bean Vinaigrette	100	5	0.5	0	125	10	3	3	0	2	12	2	6	9