



Dressing	Main Ingredients	Gluten-free	Calories	Carbs (g)	Fat/Sat Fat (g)	Sodium (mg)	Vegan	Vegetarian	Allergens/Notes
1000 Island	Mayo	No	129	5	12/2	254	No	Ovo/Lacto	Egg, milk, soy & wheat
Balsamic Vinaigrette	BV/OO	Yes	175	1	18/3	192	Yes	Yes	Sulfites
Barbecue Ranch	Mayo/BBQ Sauce	Yes	90	15	10/1.5	400	No	Ovo	Sulfites/Mayo
Black Olive Vinaigrette	OO	Yes	65	3.7	6/9	672	Yes	Yes	None
Brown Derby Cobb	OO/RWV	Yes	54	2	6/1	118	No	No	Sulfites/anchovy
Brutus	Anchovy/OO	Yes	98	1	10/2	265	No	No	Anchovy
Cajun Vinaigrette	OO/RWV	Yes	160	1	17/3	124	Yes	Yes	Sulfites
Chamomile Vinaigrette	ACV/VO	Yes	172	9	16/2	166	No	Yes	Honey
Chimichurri	OO/RWV	Yes	76	1	8/0	44	Yes	Yes	None
Chipotle-Lime Vinaigrette	VO/OO	Yes	107	1.7	12/2	163	No	Yes	Honey
Chipotle Ranch	Mayo/SC	Yes	77	1	8/2	220	No	No	None
Creamy Caesar	Mayo/Cheese	Yes	180	0.5	19/3	202	No	No	Anchovy
Creamy Italian I	OO/VO/ACV	Yes	78	1	8/1	178	Yes	Yes	None
Cucumber Vinaigrette	SSO/RV	Yes	34	0	2/3	493	Yes	Yes	None
FF Raspberry Vinaigrette	HFCS	Yes	70	17	0/0	760	Yes	Yes	HFCS
Greek	OO/RWV	Yes	170	1	18/3	276	Yes	Yes	Sulfites
Green Apple Vinaigrette	SV/VO	Yes	36	7	1/0	384	No	Yes	Sulfites/Honey
Hollywood Steak Dressing	OO/VO/BV/Soy	No	145	2.4	16/2	83	Yes	Yes	Wheat/Sulfites
Honey Vinaigrette	SV/Honey	Yes	73	11	4/1	29	No	No	Anchovy
Lemon Vinaigrette	OO/VO	Yes	153	2	16/2	157	No	Yes	Honey
LF Balsamic Vinaigrette	BV/SBO/OO	Yes	41	4	2/0	207	No	Yes	None
Maple Vinaigrette	Walnut Oil/WWV	Yes	144	7.5	13/1.4	127	No	Ovo	Mayo/Nuts/Sulfites
Maytag Blue Cheese Vinaigrette	OO/SC	Yes	155	1	16/5	207	No	Lacto	Dairy products
Mustard Honey	Mayo/VO	Yes	124	7	11/2	115	No	Ovo	Mayo
Newsome Ranch	Bmilk/SC/Mayo	Yes	98	6	7/4		No	Lacto/Ovo	Dairy products
Organic Sesame Ginger	Soybean Oil	No	125	5	11	365	Yes	Yes	Soy & Wheat
Roasted Garlic Vinaigrette	OO/ACV	Yes	161	4	17/3	183	No	Yes	Honey
Roasted Red Pepper Vinaigrette	SV	Yes	11	2	0/0	112	Yes	Yes	Sulfites
Roasted Shallot Vinaigrette	OO/RWV/BV	Yes	125	4	12/2	190	Yes	Yes	Sulfites
South Texas Salsa	Tomato/Onion	Yes	20	5	.1/0	497	Yes	Yes	Cilantro
Southwestern	Cheese/OO	Yes	150	1	16	290	No	No	Anchovy/Egg
Spicy Thai Steak Dressing	Fish Sauce	No	32	8	.3/0	572	No	No	Wheat
Sundried Tomato Vinaigrette	BV/RWV	Yes	177	1.4	20/0	10	Yes	Yes	Sulfites
Wagamama	Soy/Ketchup	No	134	1.7	14.5/2	163	Yes	Yes	Soy
Wasabi Vinaigrette	SSO/Soy/RWV	No					Yes	Yes	Soy

**All the above is based on a 1 oz. Serving**

Key:									
OO = Extra Virgin Olive Oil		Mayo = Mayonnaise				Lacto = Vegetarian but contains milk products			
VO = Vegetable Oil made from soybeans		SC = Sour Cream				Ovo = Vegetarian but contains egg products			
SSO = Sesame Seed Oil		SBO = Soy Bean Oil				Vegan = no animal products, including honey			
BV = Balsamic Vinegar									
SV = Sherry Wine Vinegar						Gluten = no wheat, rye, or barley (celiac's disease)			
RWV = Red Wine Vinegar		2550 calories a day for men							
ACV = Apple Cider Vinegar		1940 calories a day for women							
WBV = White Balsamic Vinegar		1800 calories a day for children aged 5-10							
WWV = White Wine Vinegar		<b>Keep total fat intake between 20 to 35 percent of calories, with most fats coming from sources of polyunsaturated and monounsaturated fatty acids, such as fish, nuts, and vegetable oils</b>							
RV = Rice Wine Vinegar		<b>60g unsaturate fat (if 25% of calorie intake)</b>							
		<b>90g unsaturate fat (if 35% of calorie intake)</b>							
		<b>Consume less than 2,300 mg (approximately 1 tsp of salt) of sodium per day.</b>							
Updated 07/11		Source: <a href="http://www.vitalhealthzone.com/nutrition/diets/recommended_calorie_intake.php#2">www.vitalhealthzone.com/nutrition/diets/recommended_calorie_intake.php#2</a>							