

NUTRITIONAL INFORMATION*- Condiments

Revised 1/7/2015

Items	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Chol. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
Dressing, Italian (2 tbsp)	40	2	0	0	410	6	0	0
Dressing, Lite Ranch (2 tbsp)	100	10	1	0	320	4	0	0
Dressing, Ranch (2 tbsp)	160	17	2.5	5	150	2	0	1
Jalapenos (1/8 c)	5	0	0	0	476	1	1	0
Ketchup (9g packet)	10	0	0	0	85	3	0	0
Mayonnaise, Reduced Calorie (12g packet)	25	2.5	0	0	100	1	0	0
Mustard (5.5g packet)	5	0	0	0	85	0	0	0
Pickles (1/8 c)	2	0	0	0	170	0.5	0	0
Sauce, Fish Taco (1 oz)	45	3.5	2	10	10	1	0	0.5
Salsa (1/8 c)	22	0	0	0	70	4	1	1
Tartar Sauce (9g packet)	20	1.5	0	0	85	1	0	0

*Please be advised that this is general information and not intended to be used as medical advice. The information is accurate to the best of our knowledge based on the information provided by the manufacturer. Products may change at any time.