



NATURALLY FRESH® LITE RANCH
#342

INGREDIENT DECLARATION: CULTURED FAT-FREE BUTTERMILK, SOYBEAN OIL, WATER, SALT, MALTODEXTRIN, GARLIC POWDER, ONION POWDER, GUAR & XANTHAN GUM, DEHYDRATED PARSLEY, YEAST EXTRACT, DISODIUM INOSINATE & GUANYLATE, SPICES, CORN SYRUP SOLIDS, SPICE EXTRACTIVES, LEMON JUICE FROM CONCENTRATE, EGGS, SUGAR, VINEGAR, FOOD STARCH-MODIFIED.

CONTAINS: MILK, EGG, (MUSTARD: CANADA ONLY)

7/3/2012

Nutrition Facts			
Serving Size : About 2 Tbs. (28g)			
Servings Per Container : About 1			
Amount Per Serving			
Calories 70	Calories from Fat 60		
% Daily Value*			
Total Fat 7g	11%		
Saturated Fat 1g	5%		
Trans Fat 0g			
Cholesterol 5mg	2%		
Sodium 270mg	11%		
Potassium 25mg	1%		
Total Carbohydrate 2g	1%		
Dietary Fiber 0g	0%		
Sugars 1g			
Protein 1g			
Vitamin A 0%	Vitamin C 0%		
Calcium 2%	Iron 0%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram			
Fat 9 • Carbohydrate 4 • Protein 4			



click here for
Product Description

Nutrition Information

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Recipe Collection

Buttermilk Ranch Dressing

Item # 81992

INGREDIENTS:

SOYBEAN OIL, WATER, BUTTERMILK, DISTILLED VINEGAR, SALT, EGG YOLK, SUGAR, WHEY PROTEIN CONCENTRATE, GARLIC JUICE, MONOSODIUM GLUTAMATE, XANTHAN GUM, NATURAL FLAVOR, ONION*, POTASSIUM SORBATE AND SODIUM BENZOATE ADDED AS PRESERVATIVES, POLYSORBATE 60, GARLIC*, SPICE, PHOSPHORIC ACID, LACTIC ACID, CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR. *DEHYDRATED

CONTAINS: EGG, MILK

Nutrition Facts

Serving Size 1.5 OZ. (43 g)

Servings Per Container 1

Amount Per Serving

Calories 200 **Calories from Fat** 190

% Daily Value*

Total Fat	22 g	34 %
Saturated Fat	3.5 g	18 %
Trans Fat	0 g	
Cholesterol	10 mg	3 %
Sodium	320 mg	13 %
Total Carb.	2 g	1 %
Dietary Fiber	0 g	0 %
Sugars	1 g	
Protein	0 g	

o Vitamin A 0 % o Vitamin C 0 % o Calcium 0 % o Iron 0 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram: Fat 9 • Carbohydrates 4 • Protein 4

Other Nutrition Info:

Gluten Free

Technical Coordinator

JUL 15 2013

The information shown here may vary from the information on product currently in distribution. Keep in mind that ingredients, formulas, and labeling regulations may change, so nutrition information may also change. For the most accurate information for a particular product, please refer to the nutrition and ingredient information on the product package.



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Product Description

Nutrition Information

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Recipe Collection

Asian Sesame Dressing

Item # 81290

INGREDIENTS:

SOYBEAN OIL, WATER, SUGAR, DISTILLED VINEGAR, SESAME OIL, SALT, SOYBEANS, WHEAT, SESAME SEEDS, TOMATO PASTE, XANTHAN GUM, SPICES, CARRAGEENAN, CORN SYRUP, RAISINS, NATURAL FLAVOR, ORANGE PEEL, ORANGE JUICE, LEMON JUICE, GRAPEFRUIT JUICE, CARAMEL COLOR, GARLIC*, ONION*. *DEHYDRATED CONTAINS: SOY, WHEAT

Nutrition Facts

Serving Size 1.5 OZ. (43 g)

Servings Per Container 1

Amount Per Serving

Calories 180 **Calories from Fat 140**

% Daily Value*

Total Fat	16 g	25 %
Saturated Fat	2.5 g	12 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	580 mg	24 %
Total Carb.	8 g	3 %
Dietary Fiber	0 g	0 %
Sugars	8 g	
Protein	0 g	

o Vitamin A 0 % o Vitamin C 0 % o Calcium 0 % o Iron 0 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram: Fat 9 • Carbohydrates 4 • Protein 4

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Product Description

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Recipe Collection

Fat Free Raspberry Vinaigrette

Item # 82553

INGREDIENTS:

WATER, SUGAR, DISTILLED VINEGAR, SALT, CUCUMBER JUICE, RASPBERRY JUICE CONCENTRATE, XANTHAN GUM, ONION*, CITRIC ACID, BELL PEPPER*, NATURAL AND ARTIFICIAL FLAVOR, SODIUM BENZDATE ADDED AS PRESERVATIVE, GARLIC*, SPICE, RED #40, CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR, TITANIUM DIOXIDE, BLUE #1. *DEHYDRATED

Nutrition Facts

Serving Size 1.5 OZ. (43 g)

Servings Per Container 1

Amount Per Serving

Calories 45 **Calories from Fat** 0

% Daily Value*

Total Fat	0 g	0 %
Saturated Fat	0 g	0 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	330 mg	14 %
Total Carb.	11 g	4 %
Dietary Fiber	0 g	0 %
Sugars	11 g	
Protein	0 g	

o Vitamin A 0 % o Vitamin C 2 % o Calcium 0 % o Iron 0 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram: Fat 9 • Carbohydrates 4 • Protein 4

Other Nutrition Info:

Gluten Free

Julie Technical Coordinator

JUL 15 2013

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Product Description

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Recipe Collection

Fat Free Italian Dressing

Item # 81975

INGREDIENTS:

WATER, CORN CIDER VINEGAR, DISTILLED VINEGAR, SUGAR, MODIFIED CORNSTARCH, SALT, GARLIC*, ONION*, LEMON JUICE CONCENTRATE, RED BELL PEPPER*, XANTHAN GUM, SPICE, CARROTS*, POTASSIUM SORBATE AND SODIUM BENZOATE ADDED AS PRESERVATIVES, ARTIFICIAL COLORS (INCLUDES YELLOW #5 AND YELLOW #6). *DEHYDRATED

Nutrition Facts

Serving Size 1.5 OZ. (43 g)

Servings Per Container 1

Amount Per Serving

Calories 20 **Calories from Fat** 0

% Daily Value*

Total Fat	0 g	0 %
Saturated Fat	0 g	0 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	340 mg	14 %
Total Carb.	4 g	1 %
Dietary Fiber	0 g	0 %
Sugars	3 g	
Protein	0 g	

o Vitamin A 0 % o Vitamin C 4 % o Calcium 0 % o Iron 0 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram: Fat 9 • Carbohydrates 4 • Protein 4

Other Nutrition Info:

Gluten Free

Technical Coordinator

JUL 15 2013

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Product Description

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Recipe Collection

Creamy Caesar Dressing

Item # 82000

INGREDIENTS:

SOYBEAN OIL, WATER, PARMESAN CHEESE (PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES), CORN CIDER VINEGAR, SALT, DISTILLED VINEGAR, SUGAR, EGG YOLK, GARLIC*, LEMON JUICE CONCENTRATE, SPICE, CITRIC ACID, MUSTARD SEED, XANTHAN GUM, MONOSODIUM GLUTAMATE, ANCHOVIES, ONION*, NATURAL FLAVOR, POLYSORBATE 60, SODIUM BENZOATE ADDED AS PRESERVATIVE, SOY FLOUR, CORN SYRUP, MOLASSES, CARAMEL COLOR, TAMARIND, CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR, DISODIUM GUANYLATE, DISODIUM INOSINATE. *DEHYDRATED

CONTAINS: EGG, ANCHOVIES, MILK, SOY

Nutrition Facts

Serving Size 1.5 OZ. (43 g)

Servings Per Container 1

Amount Per Serving

Calories 180 **Calories from Fat 170**

% Daily Value*

Total Fat	18 g	28 %
Saturated Fat	3 g	15 %
Trans Fat	0 g	
Cholesterol	10 mg	3 %
Sodium	410 mg	17 %
Total Carb.	2 g	1 %
Dietary Fiber	0 g	0 %
Sugars	1 g	
Protein	1 g	

o Vitamin A 0 % o Vitamin C 0 % o Calcium 0 % o Iron 0 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories	2,000	2,500
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Fiber		25g	30g	

Calories per gram: Fat 9 • Carbohydrates 4 • Protein 4

Other Nutrition Info:

Gluten Free

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