

Portion		Condiment	Calories	Total Fat grams	Sat. Fat grams	Protein grams	Carb. grams	Calcium (mg)	Iron (mg)	Vit. C (mg)	Vit. A (IU)	Sodium (mg)	Chol. (mg)	Fiber (grams)
1.00	Tsp	Barbecue Sauce	7.5	0.0	0.0	0.0	1.8	0.0	0.1	0.2	16.7	40.0	0.0	4.2
1.00	Tsp	Catsup	5.0	0.0	0.0	0.1	1.3	0.9	0.0	0.8	46.6	55.5	0.0	0.0
1.00	Tbl	Cranberry Sauce	26.1	0.0	0.0	0.0	6.7	0.7	0.0	0.3	7.3	5.0	0.0	0.2
1.00	Fl Oz	Dressing, Caesar	120.0	13.0	2.5	1.0	0.0	0.0	0.0	0.0	0.0	170.0	30.0	0.0
1.00	Fl Oz	Dressing, Italian Fat Free	35.4	0.0	0.0	0.0	7.1	0.0	0.0	0.0	0.0	513.8	0.0	0.0
1.00	Fl Oz	Dressing, Ranch Reduced Fat	46.2	3.6	0.6	0.5	1.8	17.8	0.0	0.1	6.3	138.3	5.6	0.0
2.00	Fl Oz	Gravy, Brown	48.5	2.9	0.6	0.9	4.7	1.9	0.3	0.0	126.8	239.0	0.0	0.1
2.00	Fl Oz	Gravy, Chicken	48.4	2.9	0.6	0.9	4.7	2.4	0.3	0.0	128.1	227.7	0.0	0.2
2.00	Fl Oz	Gravy, Cream	94.5	7.1	2.4	0.0	11.8	0.0	0.9	0.0	0.0	567.0	0.0	0.0
2.00	Fl Oz	Italian Sauce (Marinara Sauce)	23.2	0.1	0.0	1.3	4.6	16.2	0.6	3.5	435.9	344.1	0.0	1.1
1.00	Tbl	Jalapenos, Sliced	1.7	0.0	0.0	0.0	0.3	140.0	0.2	0.8	100.0	170.0	0.0	0.0
1.00	Tbl	Jelly, Grape	50.0	0.0	0.0	0.0	12.0	0.0	0.0	0.0	0.0	65.0	0.0	0.0
1.00	Tsp	Mayonnaise, Reduced Fat	13.3	1.2	0.2	0.0	0.3	0.0	0.0	0.0	0.0	39.9	1.7	0.0
1.00	Tsp	Mustard, Prepared	3.4	0.2	0.0	0.2	0.4	4.2	0.1	0.2	6.9	58.2	0.0	0.2
1.00	Tsp	Picante Sauce	0.8	0.0	0.0	0.0	0.2	3.4	0.0	0.3	10.3	17.5	0.0	0.0
1.00	Tsp	Pickle Relish, Sweet	6.5	0.0	0.0	0.0	1.8	0.1	0.0	0.0	9.1	40.5	0.0	0.1
1.00	Tsp	Soy Sauce, Gallon	3.5	0.0	0.0	0.5	0.1	0.7	0.0	0.0	0.0	438.3	0.0	0.0
1.00	Fl Oz	Syrup, Maple	26.3	0.0	0.0	0.0	6.6	0.0	0.0	0.0	0.0	3.8	0.0	0.0
1.00	Tsp	Tartar Sauce	15.2	0.9	0.1	0.0	1.3	0.2	0.0	0.1	2.9	41.2	0.0	0.0