



DRESSING INFORMATION

CAESAR DRESSING	
Serving size: 100g	
	100g
Energy (kJ)	1650
Protein (g)	2.5
Fat (g)	40.0
- Sat.Fat (g)	4.4
Carbohydrate (g)	6.2
- Sugar (g)	4.2
Sodium (mg)	1090

CREAMY FRENCH DRESSING	
Serving size: 100g	
	100g
Energy (kJ)	1410
Protein (g)	1.4
Fat (g)	33.7
- Sat.Fat (g)	4.2
Carbohydrate (g)	7.2
- Sugar (g)	4.6
Sodium (mg)	754

LIGHT LEMON MAYO	
Serving size: 100g	
	100g
Energy (kJ)	1530
Protein (g)	2.1
Fat (g)	37.4
- Sat.Fat (g)	3.4
Carbohydrate (g)	5.5
- Sugar (g)	4.2
Sodium (mg)	427

LEMON PARSLEY DRESSING	
Serving size: 100g	
	100g
Energy (kJ)	713
Protein (g)	0.5
Fat (g)	18.1
- Sat.Fat (g)	<0.1
Carbohydrate (g)	5.3
- Sugar (g)	3.9
Sodium (mg)	438

LEMON SPICY DRESSING	
Serving size: 100g	
	100g
Energy (kJ)	1470
Protein (g)	0.4
Fat (g)	35.3
- Sat.Fat (g)	2.6
Carbohydrate (g)	8.8
- Sugar (g)	5.9
Sodium (mg)	1450

SOY FUSION DRESSING	
Serving size: 100g	
	100g
Energy (kJ)	872
Protein (g)	3.1
Fat (g)	6.1
- Sat.Fat (g)	0.8
Carbohydrate (g)	28.2
- Sugar (g)	20.3
Sodium (mg)	3300

RANCH DRESSING	
Serving size: 100g	
	100g
Energy (kJ)	1737
Protein (g)	0.2
Fat (g)	45.1
- Sat.Fat (g)	3.9
Carbohydrate (g)	3.3
- Sugar (g)	2.4
Sodium (mg)	1140

SEEDED MUSTARD VINAIGRETTE	
Serving size: 100g	
	100g
Energy (kJ)	232
Protein (g)	0.6
Fat (g)	2.5
- Sat.Fat (g)	0.2
Carbohydrate (g)	4.9
- Sugar (g)	2.2
Sodium (mg)	800

BALSAMIC VINEGAR	
Serving size: 100ml	
	100ml
Energy (kJ)	2
Protein (g)	0.1
Fat (g)	0
- Sat.Fat (g)	0
Carbohydrate (g)	0
- Sugar (g)	0
Sodium (mg)	5

SWEET TOMATO CHILLI DRESSING	
Serving size: 100g	
	100g
Energy (kJ)	1280
Protein (g)	1.1
Fat (g)	27.6
- Sat.Fat (g)	2.0
Carbohydrate (g)	13.1
- Sugar (g)	10.5
Sodium (mg)	889

THAI DRESSING	
Serving size: 100g	
	100g
Energy (kJ)	586
Protein (g)	2.0
Fat (g)	8.6
- Sat.Fat (g)	0.6
Carbohydrate (g)	13.7
- Sugar (g)	13.0
Sodium (mg)	2270

OLIVE OIL	
Serving size: 100ml	
	100ml
Energy (kJ)	3700
Protein (g)	0
Fat (g)	100
- Sat.Fat (g)	11.2
Carbohydrate (g)	0
- Sugar (g)	0
Sodium (mg)	0

LEMON JUICE	
Serving size: 100ml	
	100ml
Energy (kJ)	110
Protein (g)	<1.0
Fat (g)	<1.0
- Sat.Fat (g)	0
Carbohydrate (g)	2.5
- Sugar (g)	2.5
Sodium (mg)	8