

## Common Condiments

Sat - 09/20/2008	Portion Size	Cals	Mg Cholst	Mg Sodm	G Fiber	Mg Iron	Mg Calcm	IU Vit-A	Mg Vit-C	G Protn	G Carb	G T-Fat	G S-Fat
BACON BITS with 8%TVP	1 OZ	121	12	445	0.00	8.10	0.00	*0	*0.00	8.10	0.00	7.65	4.05
Bacon, crumbled	1/2 oz	61	18	256	0.00	0.20	2.15	0	0.21	5.26	0.00	4.42	1.59
BARBECUE SAUCE	2 TBSP	48	0	309	0.40	0.30	10.00	261	4.00	0.45	12.48	0.10	0.02
BUTTER: individual	PAT	0	0	0	0.00	0.00	0.00	0	0.00	0.00	0.00	0.00	0.00
CATSUP	1 oz.	27	0	316	0.09	0.14	5.10	265	4.28	0.49	7.13	0.09	0.01
Honey	1 fl oz	120	0	0	0.00	0.00	0.00	*0	*0.00	0.00	34.00	0.00	0.00
HONEY BARBECUE SAUC	2 TBSP	103	0	242	0.60	0.39	8.00	554	5.50	0.58	20.91	2.86	0.57
JELLY	1 TBSP	51	0	6	0.19	0.04	1.33	1	0.17	0.03	13.29	0.00	0.00
MAYONNAISE, Individual Se	1 each	203	21	142	0.00	*0.00	*0.00	*0	*0.00	0.00	0.00	22.59	2.36
MUSTARD: individual PC	PC packet	3	0	56	0.05	0.09	3.78	0	0.00	0.21	0.29	0.20	0.01
PEANUT GRANULES	TBS	48	0	0	0.57	0.15	7.32	0	0.00	2.19	1.57	4.10	0.57
Peppers, Banana	3 rings	0	0	18	0.00	0.00	0.00	0	3.19	0.00	0.00	0.00	0.00
PEPPERS,JALEPEN0,CND,	3 rings	0	0	15	0.03	0.03	0.35	28	0.12	0.01	0.07	0.01	0.00
PICKLE CHIP Brd&Btr Ref	2 pieces	30	0	220	0.00	*0.00	*0.00	*0	*0.00	0.00	7.00	0.00	0.00
PICKLE, DILL, SPEAR	SPEAR	4	0	262	0.33	0.11	12.60	55	0.24	0.18	0.78	0.04	0.01
PICKLES,DILL	3 slices	3	0	184	0.23	0.08	8.82	38	0.17	0.13	0.54	0.03	0.01
PICKLES,SWEET	1 EACH	32	0	160	0.35	0.09	21.35	267	0.25	0.20	7.40	0.14	0.02
PIZZA SAUCE with Basil	1 CUP	120	0	400	4.00	16.00	*0.00	*0	*0.00	4.01	28.00	1.31	0.00
RELISH: individual PC	PC packet	10	0	62	0.08	0.07	0.23	93	0.08	0.03	2.68	0.04	0.00
Remoulade Sauce	1 TBSP	77	20	76	0.12	*0.13	*3.72	*164	*0.96	0.47	0.40	8.22	1.16
SALSA	1 FL OZ	10	0	122	0.40	0.64	3.40	156	1.13	0.43	1.98	0.06	0.01
SOUR CREAM	1 Tbsp	31	6	8	0.00	0.01	16.68	93	0.13	0.45	0.61	3.01	1.88
STIR-FRY SAUCE	3 TBSP	15	0	204	0.10	0.18	2.00	2	0.10	0.47	3.12	0.07	0.02
SYRUP,PANCAKE	1 OZ	66	0	23	0.00	0.01	0.85	0	0.00	0.00	17.43	0.00	0.00
SYRUPS,CHOC,HERSHEY,	TBS	25	0	18	0.00	0.00	1.93	0	0.00	0.25	6.05	0.17	0.00
TABASCO SAUCE	1/4 tsp.	0	0	7	0.01	0.01	0.14	19	0.05	0.02	0.01	0.01	0.00
TARTAR SAUCE	2 TBSP	63	8	246	0.40	0.36	5.00	63	0.40	0.23	7.94	3.59	0.58
TERIYAKI SAUCE	2 TBS	127	1	708	0.05	0.23	3.10	24	0.92	0.82	2.31	12.80	1.99
TABASCO SAUCE	1/4 tsp.	0	0	7	0.01	0.01	0.14	19	0.05	0.02	0.01	0.01	0.00
WHIPPED TOPPING	TABLESPOON	9	0	18	0.00	0.00	14.00	27	0.05	0.41	1.95	0.01	0.00
HONEY DRESSING	2 TBSP	40	1	25	0.00	0.09	31.00	40	1.10	0.93	8.93	0.30	0.16
HONEY MUSTARD	1 oz.	34	0	161	0.00	0.00	0.00	0	0.00	0.00	8.43	0.00	0.00
ITALIAN DRESSING	2 TBSP	186	0	327	0.10	0.08	4.00	10	1.80	0.10	1.47	20.46	2.85
RANCH DRESSING	2 TBSP	35	5	181	0.10	0.10	35.00	26	0.50	1.05	3.50	1.88	0.52
Ranch Dressing, Fat Free	2 TBSP	25	0	380	1.00	0.00	0.00	0	0.00	0.00	7.00	0.00	0.00
THOUSAND ISLAND DRES	2 TBSP	61	8	271	0.30	0.19	4.00	87	1.20	0.26	7.02	3.66	0.59