

Basic Report 04114, Salad dressing, italian dressing, commercial, regular

Report Date: July 22, 2019 00:04 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 tbsp 14.7g	1 cup 235g
Proximates				
Water	g	63.40	9.32	148.99
Energy	kcal	240	35	564
Protein	g	0.41	0.06	0.96
Total lipid (fat)	g	21.12	3.10	49.63
Carbohydrate, by difference	g	12.12	1.78	28.48
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	10.77	1.58	25.31
Minerals				
Calcium, Ca	mg	13	2	31
Iron, Fe	mg	0.26	0.04	0.61
Magnesium, Mg	mg	5	1	12
Phosphorus, P	mg	15	2	35
Potassium, K	mg	84	12	197
Sodium, Na	mg	993	146	2334
Zinc, Zn	mg	0.07	0.01	0.16
Vitamins				
Vitamin C, total ascorbic acid	mg	0.4	0.1	0.9
Thiamin	mg	0.020	0.003	0.047
Riboflavin	mg	0.000	0.000	0.000
Niacin	mg	0.131	0.019	0.308
Vitamin B-6	mg	0.064	0.009	0.150
Folate, DFE	µg	0	0	0
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	2	0	5
Vitamin A, IU	IU	36	5	85
Vitamin E (alpha-tocopherol)	mg	2.19	0.32	5.15

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	56.0	8.2	131.6
Lipids				
Fatty acids, total saturated	g	2.948	0.433	6.928
Fatty acids, total monounsaturated	g	5.638	0.829	13.249
Fatty acids, total polyunsaturated	g	10.748	1.580	25.258
Fatty acids, total trans	g	0.067	0.010	0.157
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0