

Basic Report 04539, Salad dressing, blue or roquefort cheese dressing, commercial, regular

Report Date: February 19, 2018 00:59 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 tbsp 15g	1 cup 245g
Proximates				
Water	g	39.71	5.96	97.29
Energy	kcal	484	73	1186
Protein	g	1.37	0.21	3.36
Total lipid (fat)	g	51.10	7.67	125.19
Carbohydrate, by difference	g	4.77	0.72	11.69
Fiber, total dietary	g	0.4	0.1	1.0
Sugars, total	g	3.48	0.52	8.53
Minerals				
Calcium, Ca	mg	37	6	91
Iron, Fe	mg	0.09	0.01	0.22
Magnesium, Mg	mg	8	1	20
Phosphorus, P	mg	74	11	181
Potassium, K	mg	88	13	216
Sodium, Na	mg	642	96	1573
Zinc, Zn	mg	0.21	0.03	0.51
Vitamins				
Vitamin C, total ascorbic acid	mg	0.7	0.1	1.7
Thiamin	mg	0.010	0.002	0.025
Riboflavin	mg	0.100	0.015	0.245
Niacin	mg	0.100	0.015	0.245
Vitamin B-6	mg	0.037	0.006	0.091
Folate, DFE	µg	5	1	12
Vitamin B-12	µg	0.27	0.04	0.66
Vitamin A, RAE	µg	14	2	34
Vitamin A, IU	IU	73	11	179
Vitamin E (alpha-tocopherol)	mg	4.28	0.64	10.49

Nutrient	Unit	1 Value Per100 g	1 tbsp 15g	1 cup 245g
Vitamin D (D2 + D3)	µg	0.1	0.0	0.2
Vitamin D	IU	3	0	7
Vitamin K (phylloquinone)	µg	85.9	12.9	210.5
Lipids				
Fatty acids, total saturated	g	8.275	1.241	20.274
Fatty acids, total monounsaturated	g	13.279	1.992	32.534
Fatty acids, total polyunsaturated	g	27.545	4.132	67.485
Fatty acids, total trans	g	1.340	0.201	3.283
Cholesterol	mg	31	5	76
Amino Acids				
Other				
Caffeine	mg	0	0	0