



02100-CAINS LIGHT CAESAR DRESSING PC Pouch 60/1.5oz

Nutrition Facts

Serving Size 1.5oz (43g)
Servings Per Container 1

Amount Per Serving

Calories 100 **Calories from Fat 70**

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Polyunsaturated Fat 4g

Monounsaturated Fat 2g

Cholesterol 10mg **3%**

Sodium 700mg **29%**

Total Carbohydrate 7g **2%**

Dietary Fiber 0g **0%**

Sugars 3g

Protein 1g

Vitamin A 0% • Vitamin C 0%

Calcium 4% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients:

DISTILLED VINEGAR, WATER, CORN SYRUP, SOYBEAN OIL, SALT, PARMESAN AND ROMANO CHEESE (PASTEURIZED MILK, CULTURES, SALT, ENZYMES, CORN STARCH AND CELLULOSE), HIGH FRUCTOSE CORN SYRUP, LEMON JUICE (FROM CONCENTRATE), EGG YOLKS, GARLIC, MODIFIED CORN STARCH, ANCHOVIES (FISH), LACTIC ACID, SPICES, XANTHAN GUM, PROPYLENE GLYCOL ALGINATE, POTASSIUM SORBATE (PRESERVATIVE), CITRIC ACID AND TORULA YEAST. CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR.

Contains or may contain the following:

Contains Egg, Fish, Milk.

Notes:

THIS PRODUCT CANNOT BE KOSHER CERTIFIED.

REFRIGERATE AFTER OPENING

GLUTEN FREE

OMEGA 3: 480 MG/SERVING

OMEGA 6: 3.57 G/SERVING

This product has 56% less calories and 64% less fat than regular caesar dressing:

This dressing: 70 cal, 6 g fat

Regular Caesar: 160 cal, 17 g fat