

	Serving Size	Calories	Calories From Fat	Fat	Sat Fat	Trans Fat	Cholesterol	Protein	Carbohydrate	Total Sugars	Fiber	Sodium
Ambrosia	89g (1 spoon)	160	80	9g	8g	0g	0mg	0g	23g	19g	1g	50mg
Asian Chopped Salad	100g (1 spoon)	90	50	4g	0.5g	0g	0mg	1g	13g	9g	1g	310mg
Banana-Strawberry Salad	85g (1 spoon)	80	0	0g	0g	0g	0mg	<1g	22g	16g	2g	10mg
BLT Salad	70g (1 spoon)	120	110	12g	2g	0g	15mg	2g	2g	2g	<1g	180mg
Broccoli Apple Salad	100g (1 spoon)	160	100	11g	2g	0g	15mg	4g	13g	9g	2g	150mg
Broccoli Bacon Salad	100g (1 spoon)	180	120	13g	2.5g	0g	15mg	4g	14g	8g	2g	260mg
Bruschetta Tomato Salad	100g (1 spoon)	70	50	5g	1g	0g	0mg	1g	6g	4g	1g	200mg
Bruschetta Tomato Pasta Salad	100g (1 spoon)	160	70	8g	1.5g	0g	2mg	4g	19g	3g	1g	380mg
Caesar Salad	65g (1 cup)	70	50	6g	1g	0g	5mg	1g	4g	1g	1g	110mg
California Coleslaw	100g (1 spoon)	100	0	0g	0g	0g	0mg	1g	24g	22g	1g	85mg
Carrot & Raisin Salad	100g (1 spoon)	140	80	9g	1.5g	0g	10mg	1g	17g	13g	2g	115mg
Chicken Caesar Salad	72g (1 cup)	90	60	7g	1.5g	0g	20mg	6g	3g	<1g	1g	120mg
Chicken Pasta Salad	100g (1 spoon)	240	160	18g	3.5g	0g	30mg	6g	13g	1g	<1g	320mg
Corn Salsa	85g (1 spoon)	60	5	0.5g	0g	0g	0mg	2g	14g	2g	2g	80mg
Creamy Pea Salad	100g (1 spoon)	180	140	15g	4.5g	0g	25mg	6g	10g	4g	3g	220mg
Cucumber Tomato Salad	100g (1 spoon)	30	10	1g	0g	0g	0mg	<1g	4g	3g	<1g	360mg
Dilled Potato Salad	83g (1 spoon)	110	70	8g	2g	0g	10mg	1g	10g	1g	1g	240mg
Gelatin, all flavors	70g (1 spoon)	40	0	0g	0g	0g	0mg	<1g	10g	10g	0g	30mg
Gelatin Whip, all flavors	68g (1 spoon)	80	30	3g	2.5g	0g	0mg	<1g	13g	11g	0g	55mg
Greek Salad	75g (1 spoon)	120	70	8g	2g	0g	15mg	3g	10g	4g	1g	210mg
Hummus	30g (1 spoon)	60	50	4g	1g	0g	0mg	1g	6g	1g	1g	125mg
Italian Chopped Salad	75g (1 spoon)	90	60	7g	2g	0g	10mg	2g	4g	2g	<1g	280mg

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Italian Pasta Salad	100g (1 spoon)	190	120	13g	4g	0g	20mg	6g	14g	3g	1g	520mg
Macaroni Vegetable Salad	100g (1 spoon)	240	140	16g	3g	0g	45mg	5g	21g	4g	1g	330mg
Marinated Green Bean Salad	75g (1 spoon)	120	100	11g	1.5g	0g	2mg	4g	19g	3g	1g	380mg
Marinated Vegetables	100g (1 spoon)	50	30	3.5g	0.5g	0g	0mg	2g	5g	3g	2g	150mg
Oriental Chicken Salad - no dressing	72g (1 spoon)	50	10	1.5g	0g	0g	15mg	5g	6g	2g	1g	45mg
Oriental Pasta Salad	100g (1 spoon)	150	70	8g	1g	0g	15mg	8g	14g	2g	2g	330mg
Orzo Pasta with Feta Cheese	100g (1 spoon)	150	70	8g	2g	0g	6mg	4g	17g	3g	2g	440mg
Pickled Beets	100g (1 spoon)	60	0	0g	0g	0g	0mg	<1g	18g	16g	2g	110mg
Potato Salad	85g (1 spoon)	120	60	7g	1g	0g	25mg	2g	15g	4g	1g	300mg
Prunes, Stewed	71g (1 spoon)	100	0	0g	0g	0g	0mg	<1g	27g	19g	2g	0mg
Raisin Fluff	80g (1 spoon)	120	50	4g	2.5g	0.5g	0mg	1g	21g	10g	<1g	160mg
Romaine Lettuce, chopped	45g (1 cup)	5	0	0g	0g	0g	0mg	<1g	1g	0g	1g	5mg
Seafood Salad	117g (1 spoon)	310	230	26g	3.5g	0g	40mg	4g	15g	3g	1g	500mg
Seven Layer Salad	75g (1 spoon)	190	150	17g	4.5g	0g	30mg	5g	4g	2g	1g	250mg
Sicilian Pasta Salad	100g (1 spoon)	140	60	7g	1.5g	0g	2mg	4g	16g	2g	1g	430mg
Spinach Salad	57g (1 cup)	90	60	7g	1.5g	0g	70mg	4g	3g	2g	<1g	250mg
Spring Mix	45g (1 cup)	5	0	0g	0g	0g	0mg	<1g	1g	0g	1g	5mg
Strawberry Walnut Salad	66g (1 spoon)	90	60	7g	0.5g	0g	0mg	2g	6g	3g	2g	<5mg
Strawberry Whip	76g (1 spoon)	230	160	18g	11g	0g	20mg	1g	17g	11g	0g	140mg
Southwest Salad	100g (1 spoon)	45	20	2g	0g	0g	0mg	1g	7g	2g	1g	260mg
Tarragon Potato Salad	82g (1 spoon)	120	60	7g	1.5g	0g	10mg	1g	13g	1g	1g	160mg

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Three Bean Salad	100g (1 spoon)	90	40	4.5g	0.5g	0g	0mg	2g	12g	0g	3g	480mg
Tossed Green Salad	45g (1 cup)	5	0	0g	0g	0g	0mg	<1g	1g	0g	1g	5mg
Waldorf Salad	60g (1 spoon)	110	60	7g	1g	0g	5mg	2g	12g	10g	1g	40mg
Applesauce	15g (1 spoon)	10	0	0g	0g	0g	0mg	0g	4g	2g	0g	0mg
Artichokes	15g (1 spoon)	5	0	0g	0g	0g	0mg	0g	1g	0g	0g	40mg
Bacon Bits, Imitation	7g (1 spoon)	30	10	1g	0g	0g	0mg	3g	2g	0g	<1g	125mg
Bacon Bits, Real	7g (1 spoon)	25	10	1.5g	0.5g	0g	5mg	3g	0g	0g	0g	220mg
Broccoli	10g (1 spoon)	5	0	0g	0g	0g	0mg	0g	1g	0g	<1g	0mg
Carrots, Matchsticks	8g (1 spoon)	5	50	5g	0g	0g	0mg	0g	1g	0g	0g	5mg
Cauliflower	10g (1 spoon)	5	0	0g	0g	0g	0mg	0g	1g	0g	<1g	<5mg
Cherry Peppers	11g (1 spoon)	4	0	0g	0g	0g	0mg	0g	1g	<1g	0g	60mg
Cherry Tomatoes	17g (1 each)	5	0	0g	0g	0g	0mg	0g	1g	0g	0g	0mg
Chicken Breast, diced	28g (1 tong)	45	10	1g	0g	0g	25mg	9g	0g	0g	0g	160mg
Corn	15g (1 spoon)	10	0	0g	0g	0g	0mg	<1g	3g	<1g	0g	0mg
Cottage Cheese	28g (1 spoon)	20	10	1g	0g	0g	2mg	3g	1g	1g	0g	95mg
Crispy Noodles	7g (1 spoon)	30	10	1g	0g	0g	0mg	<1g	5g	0g	0g	90mg
Croutons	7g (7 croutons)	35	10	1g	0g	0g	0mg	<1g	4g	0g	0g	90mg
Craisins	8g (1 spoon)	25	0	0g	0g	0g	0mg	0g	6g	5g	<1g	0mg
Cucumbers, sliced	15g (1 slice)	2	0	0g	0g	0g	0mg	0g	<1g	0g	0g	0mg
Diced Eggs	15g (1 spoon)	20	10	1.5g	0.5g	0g	65mg	2g	0g	0g	0g	20mg
Feta Cheese	40g (1 spoon)	110	80	9g	6g	0g	35mg	6g	2g	2g	0g	450mg
Garbanzo Beans	15g (1 spoon)	10	0	0g	0g	0g	0mg	<1g	2g	0g	<1g	35mg
Ham, diced or Julienne	28g (1 tong)	35	10	1g	0.5g	0g	15mg	5g	0g	0g	0g	330mg
Imitation Shredded Cheese	10g (1 spoon)	20	10	1g	0.5g	0g	0mg	0g	2g	0g	0g	70mg
Jalapenos	11g (1 spoon)	2	0	0g	0g	0g	0mg	0g	<1g	0g	0g	0mg

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Kidney Beans	15g (1 spoon)	10	0	0g	0g	0g	0mg	<1g	2g	0g	1g	40mg
Mushrooms	10g (1 spoon)	2	0	0g	0g	0g	0mg	0g	<1g	0g	0g	0mg
Olives, Black	15g (1 spoon)	15	10	1.5g	0g	0g	0mg	0g	1g	0g	<1g	130mg
Olives, Green	15g (1 spoon)	20	20	2.5g	0g	0g	0mg	0g	<1g	0g	<1g	230mg
Parmesan Cheese	7g (1 spoon)	30	20	2g	1g	0g	5mg	3g	0g	0g	0g	110mg
Peaches, sliced	15g (1 spoon)	10	0	0g	0g	0g	0mg	0g	2g	2g	0g	0mg
Peas	15g (1 spoon)	10	0	0g	0g	0g	0mg	1g	2g	1g	1g	10mg
Peel & Eat Shrimp	9g (1 shrimp)	5	0	0g	0g	0g	10mg	1g	0g	0g	0g	40mg
Pepperoncini	11g (1 spoon)	2	0	0g	0g	0g	0mg	0g	<1g	0g	0g	170mg
Radishes	10g (1 spoon)	2	0	0g	0g	0g	0mg	0g	<1g	0g	0g	<5mg
Raisins	12g (1 spoon)	40	0	0g	0g	0g	0mg	0g	10g	7g	<1g	0mg
Red Onions, sliced	6g (1 ring)	2	0	0g	0g	0g	0mg	0g	<1g	0g	0g	0mg
Roasted Red Pepper	15g (1 spoon)	5	0	0g	0g	0g	0mg	0g	<1g	<1g	0g	210mg
Shredded Monterey Jack Cheese	10g (1 spoon)	35	30	3g	2g	0g	10mg	2g	0g	0g	0g	55mg
Shredded Mozzarella Cheese	10g (1 spoon)	30	20	2g	1.5g	0g	5mg	3g	0g	0g	0g	55mg
Spinach Leaves	32g (1 cup)	5	0	0g	0g	0g	0mg	1g	1g	0g	<1g	25mg
Sunflower Seeds	11g (1 spoon)	70	50	5g	0.5g	0g	0mg	3g	2g	0g	1g	65mg