GFS CYCLE MENU MANAGEMENT

Ingredient & Recipe Nutrition

GFS Item#: 257885 **Desc:** **DRESSING ITAL GLDN 4-1GAL GFS**

Item#: HLS15 **Desc:** AP Dressing, Golden Italian, GFS

Manufacturer: **Manufacturer Item Code:**

Nutrition Information

Serving Size: 2 TBSP (30 grams)

Amount Per Serving

Calories: 125 Calories from Fat: 115

		% Daily Value*
Total Fat:	13 GM	20%
Saturated Fat:	2 GM	10%
Trans Fat:	0 GM	
Polyunsaturated Fat:	8 GM	
Monounsaturated Fat:	3 GM	
Cholesterol:	0 MG	0%
Sodium:	340 MG	14%
Potassium:	5 MG	0%
Total Carbohydrate:	2 GM	1%
Dietary Fiber:	0 GM	0%
Sugars:	2 GM	
Protein:	0 GM	0%

Vitamin A: 8%	Vitamin C: 2%
Calcium: 0%	Iron: 0%
Thiamin: 2%	Riboflavin: 2%
Niacin: 0%	Vitamin B-6: 0%
	Vitamin B-12: 0%
Phosphorus: 0%	Zinc: 0%
Magnesium: 0%	

Ingredients:

Soybean oil, water, high fructose corn syrup, distilled vinegar, salt, contains less than 2% of lemon juice concentrate, garlic*, xanthan gum, onion*, tamarind, natural flavor, red bell pepper*, propylene glycol alginate, spices, apo carotenal, calcium disodium edta added to protect flavor, beta carotene (color). * dehydrated. COMMON ALLERGENS PRESENT: None. Ingredient statement updated Feb, 2008. Nutrition statement updated March 08. The ingredient

Fat Soluble Vitamins

VITAMIN D(iu)	NA
VITAMIN E	NA
VITAMIN K	NA
VITAMIN A(iu)	411.34 IU
VITAMIN A(re)	NA

Water Soluble Vitamins

THIAMIN	0.02 MG
RIBOFLAVIN	0.01 MG
NIACIN	0.02 MG
VITAMIN B-6	0 MG
VITAMIN B-12	0 MCG
VITAMIN C, TOTAL ASCORBIC ACID	1.18 MG
FOLIC ACID	0.13 MCG

Minerals

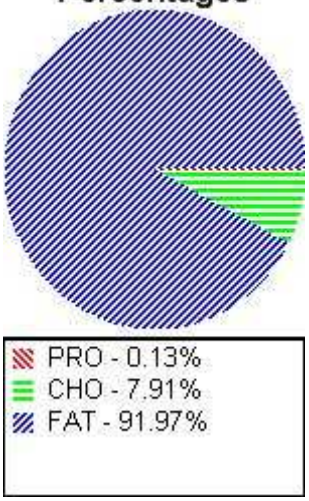
PHOSPHOROUS	0.27 MG
ZINC	0 MG
MAGNESIUM	1.25 MG
COPPER	NA
IRON	0.05 MG
CALCIUM	1.25 MG

School Equivalents

Serving Size:

Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA

Calorie Percentages



and nutrition information provided here reflects the current information provided to GFS by its suppliers. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product.		