

Blue Cheese Dressing

Number of Servings: 1 (29 g per serving)

Ingredient	Comments
Blue Cheese Dressing, Sysco	Contains Egg, Milk

Nutrition Facts	
Serving Size (29g)	
Servings Per Container	
Amount Per Serving	
Calories 140	Calories from Fat 130
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 2.5g	13%
Cholesterol 10mg	3%
Sodium 320mg	13%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 1g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 0%
*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 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Provided by: St. Norbert College Dining Services using ESHA Food Processor 10.1 software

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