DRESSINGS

S/B Daily Intake			20gr	25gr	50gr		
FOOD	**Serving**	**Calories**	**Sat.Fat**	**Sugar**	**Protien**	**POINTS**	
Balsamic Vinegar Modema Trader Joes	1 TBLl	15	0	3	0	1	
Butter Smart Balance Light With Extra Vergin Olive Oil	1 TBL	50	1.5	0	0	2	
Chicken Broth Less Sodum Kroger in Can	1 Cup	10	0	1	1	0	
Chili Sauce Heinz	1 TBL	20	0	3	0	1	
Cranberry Jelly Sauce	1 Slice	86	0	22	0.1	**5**	
Cranberry Sauce	1 Cup	418	0	105	1	**25**	
Fruits Super Balsamic	2 TBL	0	0	0	0	**0**	
Honey Organic	1-TBL	60	0	16	0	4	
Honey Raw Miller	1Tbl	60	0	10	0	3	
Hot Sauce Franks	1 TBL	45	0	0	0	1	
Katchup Heins	1 TBL	0	0	4	0	0	
Lemon Real 100%	1TBL	0	0	0	0	0	
Lime Real 100%	1 TBL	0	0	0	0	0	
Maple Syrup Maple 100% Grove Farms Organic	1/4 Cup	210	0	53	0	13	
Maple Syrup Organic	1/4-Cup	210	0	53	0	13	
Maple Syrup Sugar Free Maple Grove Farms	1/4 Cup	15	0	5	0	1	
Mayo Smart Balance	1 TBL	50	0	1	0	2	
Mustard Dijon	1TBL	5	0	0	0	0	
Mustard Frenches Yellow	1 TBL	0	0	0	0	0	
Oil Avocado Benissimo	1 TBL	120	2	0	0	4	
Oil Coconut	1 Tbl	120	12	0	0	7	
Oil Extra Virgin	1 TBL	130	2	0	0	4	
Oli Flax	1 TBL	120	1	0	0	4	
Oil Sesame Dragon	1 TBL	130	2	0	0	4	
Ranch Walden Farms Calorie Free	2 TBL	0	0	0	0	0	
Rasberry Vinaigrette Maple Grove Farms	2 TBL	35	0	8	0	2	
Rasberry Vinaigrette Skinny Girl	2 TBL	5	0	0	0	0	
Red Wine Vinegar	1 TBL	3	0	1	0	0	
Soy Sauce Less Sodium	1 TBL	5	0	0	1	0	
Stevia in the raw	1 Pack	0	0	1	0	0	
Teriyaki Less Sodium	1 TBL	15	0	3	0	1	
Tomato Sauce Emeril Tomato &Basil	1/2 Cup	80	0	7	2	3	
Vanilla Pure Watson Baking	1 Tsp	0	0	0	0	0	
Vegetable Broth Organic	1 Cup	15	0	1	0	**1**	