

**Ryan's Nutrition
Condiments**

Menu Item	Serving Size, grams	Calories	Fat, grams	Saturated Fat, grams	Trans Fat, grams	Cholesterol, milligrams	Protein, grams	Carbohydrate, grams	Total Sugars, grams	Fiber, grams	Sodium, milligrams
Half & Half Creamer	12 (1 creamer)	15	1	0	0	0	0	0	0	0	10
Honey Spread	10 (1 container)	60	6	1	0.5	0	3	2	1	0	65
Whipped Margarine	14 (1 tablespoon)	100	11	2	3	0	0	0	0	0	110
Sour Cream	12 (1 tablespoon)	25	2.5	1.5	0	5	0	<1	0	0	5