

Ryan's Nutrition Information  
Dressings

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
Blue Cheese Dressing	30 (1 fl oz ladle)	150	16	3	0	15	1	2	2	0	320
Fat Free French Dressing	35 (1 fl oz ladle)	45	0	0	0	0	0	11	5	0	290
Fat Free Catalina	35 (1 fl oz ladle)	50	0	0	0	0	0	11	7	0	350
Fat Free Creamy Italian Dressing	30 (1 fl oz ladle)	15	0	0	0	0	0	3	1	<1	330
Fat Free Ranch Dressing	33 (1 fl oz ladle)	50	0	0	0	0	0	11	3	0	330
Fat Free Thousand Island	34 (1 fl oz ladle)	45	0	0	0	0	0	10	5	0	260
French Dressing	30 (1 fl oz ladle)	120	12	1.5	0	0	0	4	4	0	220
Golden Italian Dressing	30 (1 fl oz ladle)	90	8	1	0	0	0	4	3	0	430
Light Raspberry Vinaigrette	32 (1 fl oz ladle)	60	4	0	0	0	0	5	5	0	270
Ranch Dressing-House Blend	30 (1 fl oz ladle)	140	15	2.5	0	10	0	2	<1	0	240
Thousand Island Dressing	30 (1 fl oz ladle)	80	8	1.5	0	5	0	3	3	0	115