

**Ryan's Nutrition
Sauces and Gravies**

Menu Item	Serving Size, grams	Calories	Fat, grams	Saturated Fat, grams	Trans Fat,	Cholesterol, milligrams	Protein, grams	Carbohydrate, grams	Total Sugars,	Fiber, grams	Sodium, milligrams
					grams				grams		
Brown Gravy	55 (2 fl oz ladle)	25	1	0.5	0	0	0	4	2	0	360
Brown Gravy w/ Mushrooms	55 (2 fl oz ladle)	25	1	0.5	0	0	0	4	2	0	320
Cheddar Cheese Sauce	62 (2 fl oz ladle)	50	2	1	0	2	1	7	1	0	390
Cocktail Sauce	30 (1 fl oz ladle)	40	1	0.5	0	<5	<1	9	8	0	350
Cranberry Sauce	30 (1 fl oz ladle)	55	0	0	0	0	0	14	13	0	10
Giblet Gravy	60 (2 fl oz ladle)	40	2.5	1	0	15	<1	4	0	0	270
Horseradish Cream Sauce	30 (1 fl oz ladle)	140	13	2	0	10	0	6	5	0	250
White Pepper Gravy	55 (2 fl oz ladle)	45	2	0.5	0	0	0	7	0	0	320
Tartar Sauce	30 (1 fl oz ladle)	170	17	15	0	15	0	4	2	0	150