

## **Fresh Choice**

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**Locations in California, Texas & Washington State**

### **Azteca Ensalada - 2 Tbsp.**

Calories - 72

Fat (gm) - 6.24

Sat. Fat (gm) - 2.04

Trans Fat (gm) - 0

Carbohydrates (gm) - 3.83

Fiber (gm) - 0.13

Sugar (gm) - 0.95

Cholesterol (mg) - 7.92

Sodium (mg) - 124

Protein (gm) - 0.60

### **Bleu Cheese - 2 Tbsp.**

Calories - 73

Fat (gm) - 6.08

Sat. Fat (gm) - 2.13

Trans Fat (gm) - 0.04

Carbohydrates (gm) - 3.41

Fiber (gm) - 0.02

Sugar (gm) - 1.13

Cholesterol (mg) - 8.84

Sodium (mg) - 142

Protein (gm) - 1.48

### **Chinese Chicken - 2 Tbsp.**

Calories - 150

Fat (gm) - 13

Sat. Fat (gm) - 2

Trans Fat (gm) - --

Carbohydrates (gm) - 8

Fiber (gm) - 0

Sugar (gm) - 7

Cholesterol (mg) - 0

Sodium (mg) - 310

Protein (gm) - 0

### **Chipotle Ranch - 2 Tbsp.**

Calories - 118

Fat (gm) - 12

Sat. Fat (gm) - 2

Trans Fat (gm) - --

Carbohydrates (gm) - 1

Fiber (gm) - 0

Sugar (gm) - 1  
Cholesterol (mg) - 11  
Sodium (mg) - 217  
Protein (gm) - 1

**Creamy Caesar** - 2 Tbsp.

Calories - 130  
Fat (gm) - 13  
Sat. Fat (gm) - 3  
Trans Fat (gm) - 0  
Carbohydrates (gm) - 2  
Fiber (gm) - 0  
Sugar (gm) - 1  
Cholesterol (mg) - 5  
Sodium (mg) - 400  
Protein (gm) - 1

**Creamy Italian** - 2 Tbsp.

Calories - 130  
Fat (gm) - 13  
Sat. Fat (gm) - 2  
Trans Fat (gm) - --  
Carbohydrates (gm) - 2  
Fiber (gm) - 0  
Sugar (gm) - 2  
Cholesterol (mg) - 0  
Sodium (mg) - 220  
Protein (gm) - 0

**Creamy Sundried Tomato Pesto Ranch** - 2 Tbsp.

Calories - 131  
Fat (gm) - 13  
Sat. Fat (gm) - 2  
Trans Fat (gm) - --  
Carbohydrates (gm) - 2  
Fiber (gm) - 0  
Sugar (gm) - 1  
Cholesterol (mg) - 11  
Sodium (mg) - 222  
Protein (gm) - 1

**Fat Free Honey Dijon** - 2 Tbsp.

Calories - 50  
Fat (gm) - 0  
Sat. Fat (gm) - 0  
Trans Fat (gm) - 0  
Carbohydrates (gm) - 12

Fiber (gm) - 0  
Sugar (gm) - 11  
Cholesterol (mg) - 0  
Sodium (mg) - 290  
Protein (gm) - 0

**Fat Free Italian** - 2 Tbsp.

Calories - 15  
Fat (gm) - 0  
Sat. Fat (gm) - 0  
Trans Fat (gm) - 0  
Carbohydrates (gm) - 2  
Fiber (gm) - 0  
Sugar (gm) - 1  
Cholesterol (mg) - 0  
Sodium (mg) - 300  
Protein (gm) - 0

**Fat Free Ranch** - 2 Tbsp.

Calories - 35  
Fat (gm) - 0  
Sat. Fat (gm) - 0  
Trans Fat (gm) - 0  
Carbohydrates (gm) - 8  
Fiber (gm) - 1  
Sugar (gm) - 3  
Cholesterol (mg) - 0  
Sodium (mg) - 410  
Protein (gm) - 1

**Honey Citrus** - 2 Tbsp.

Calories - 90  
Fat (gm) - 4  
Sat. Fat (gm) - 1  
Trans Fat (gm) - --  
Carbohydrates (gm) - 14  
Fiber (gm) - 0  
Sugar (gm) - 12  
Cholesterol (mg) - 0  
Sodium (mg) - 85  
Protein (gm) - 0

**Honey Lemon Vinaigrette** - 2 Tbsp.

Calories - 123  
Fat (gm) - 12  
Sat. Fat (gm) - 2  
Trans Fat (gm) - --

Carbohydrates (gm) - 5  
Fiber (gm) - 0  
Sugar (gm) - 2  
Cholesterol (mg) - 0  
Sodium (mg) - 437  
Protein (gm) - 0

**Honey Lime Chipotle** - 2 Tbsp.

Calories - 123  
Fat (gm) - 11  
Sat. Fat (gm) - 2  
Trans Fat (gm) - --  
Carbohydrates (gm) - 7  
Fiber (gm) - 0  
Sugar (gm) - 6  
Cholesterol (mg) - 0  
Sodium (mg) - 12  
Protein (gm) - 0

**Oriental Sesame** - 2 Tbsp.

Calories - 130  
Fat (gm) - 12  
Sat. Fat (gm) - 2  
Trans Fat (gm) - --  
Carbohydrates (gm) - 6  
Fiber (gm) - 0  
Sugar (gm) - 6  
Cholesterol (mg) - 0  
Sodium (mg) - 440  
Protein (gm) - 0

**Parmesan Peppercorn** - 2 Tbsp.

Calories - 150  
Fat (gm) - 16  
Sat. Fat (gm) - 3  
Trans Fat (gm) - 0  
Carbohydrates (gm) - 2  
Fiber (gm) - 0  
Sugar (gm) - 1  
Cholesterol (mg) - 10  
Sodium (mg) - 320  
Protein (gm) - 1

**Pesto Ranch** - 2 Tbsp.

Calories - 30  
Fat (gm) - 12  
Sat. Fat (gm) - 2

Trans Fat (gm) - --  
Carbohydrates (gm) - 1  
Fiber (gm) - 0  
Sugar (gm) - 1  
Cholesterol (mg) - 10  
Sodium (mg) - 209  
Protein (gm) - 1

**Ranch** - 2 Tbsp.

Calories - 130  
Fat (gm) - 13  
Sat. Fat (gm) - 2  
Trans Fat (gm) - 0  
Carbohydrates (gm) - 1  
Fiber (gm) - 0  
Sugar (gm) - 1  
Cholesterol (mg) - 15  
Sodium (mg) - 210  
Protein (gm) - 1

**Roasted Garlic Balsamic Vinaigrette** - 2 Tbsp.

Calories - 140  
Fat (gm) - 14  
Sat. Fat (gm) - 2  
Trans Fat (gm) - 0  
Carbohydrates (gm) - 3  
Fiber (gm) - 0  
Sugar (gm) - 3  
Cholesterol (mg) - 0  
Sodium (mg) - 220  
Protein (gm) - 0

**Sundried Tomato Vinaigrette** - 2 Tbsp.

Calories - 90  
Fat (gm) - 9  
Sat. Fat (gm) - 2  
Trans Fat (gm) - 0  
Carbohydrates (gm) - 3  
Fiber (gm) - 0  
Sugar (gm) - 3  
Cholesterol (mg) - 0  
Sodium (mg) - 310  
Protein (gm) - 0

**Thousand Island** - 2 Tbsp.

Calories - 130  
Fat (gm) - 13

Sat. Fat (gm) - 2  
Trans Fat (gm) - 0  
Carbohydrates (gm) - 3  
Fiber (gm) - 0  
Sugar (gm) - 2  
Cholesterol (mg) - 10  
Sodium (mg) - 140  
Protein (gm) - 0