



Nutrition Information

*All Souper Salad menu items are trans fat free!
 Nutrition information subject to change without notice.
 Some items not available at all locations.*

Dressings

1 ounce serving

	Calories	Fat (g)	Fat (%)	Saturated Fat (g)	Saturated Fat (%)	Cholesterol (mg)	Cholesterol (%)	Sodium (mg)	Sodium (%)	Carbohydrates (g)	Carbohydrates (%)	Fiber (g)	Fiber (%)	Protein (g)	Protein (%)	Net Carbs
Asian Sesame Ginger	90	9	14	1	3	0	0	97	4	2	1	0	0	0	0	2
Balsamic Vinaigrette	140	15	23	2	10	0	0	150	6	3	1	0	0	0	0	3
Bleu Cheese	104	9	15	2.5	13	8	3	173	7	4	1	0	0	1	3	4
Chianti Italian Vinaigrette	108	11	18	1	4	0	0	479	20	1	0	0	0	0	0	1
Fat Free Peppercorn Ranch	30	0.5	1	0	0	0	0	280	12	5	2	0	0	1	2	
Fat Free Power Dressing	20	0	0	0	0	0	0	240	10	4	1	0	0	0	0	4
Lite Mediterranean Vinaigrette	81	8	13	1	3	0	0	290	12	2	1	0	0	0	0	2
Low Fat Zinfandel Vinaigrette	45	1.5	3	0	0	0	0	530	22	7	2	0	0	0	0	
Market Ranch	83	7	10	1	5	6	2	157	7	5	2	0	0	1	1	5
Reduced Fat Roasted Red Pepper Ranch	46	4	6	1	3	0	0	123	5	2	1	0	0	1	1	2