



# 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
<b>Asian Sesame Ginger</b>	90	9	14	1	3	0	0	97	4	2	1	0	0	0	0	2
<b>Balsamic Vinaigrette</b>	140	15	23	2	10	0	0	150	6	3	1	0	0	0	0	3
<b>Bleu Cheese</b>	104	9	15	2.5	13	8	3	173	7	4	1	0	0	1	3	4
<b>Bleu Cheese</b>	104	9	15	2.5	13	8	3	173	7	4	1	0	0	1	3	4
<b>Chianti Italian Vinaigrette</b>	108	11	18	1	4	0	0	479	20	1	0	0	0	0	0	1
<b>Fat Free Peppercorn Ranch</b>	30	0.5	1	0	0	0	0	280	12	5	2	0	0	1	2	
<b>Fat Free Power Dressing</b>	20	0	0	0	0	0	0	240	10	4	1	0	0	0	0	4
<b>Lite Mediterranean Vinaigrette</b>	81	8	13	1	3	0	0	290	12	2	1	0	0	0	0	2
<b>Low Fat Zinfandel Vinaigrette</b>	45	1.5	3	0	0	0	0	530	22	7	2	0	0	0	0	
<b>Market Ranch</b>	83	7	10	1	5	6	2	157	7	5	2	0	0	1	1	5
<b>Reduced Fat Roasted Red Pepper Ranch</b>	46	4	6	1	3	0	0	123	5	2	1	0	0	1	1	2