

Condiments Nutrient Info

Food Item	Serving Size	Carbohydrate Grams
Balsamic Vinaigrette	1 oz	0.64
BBQ Sauce	1/4 cup	16.47
Brown Gravy	1/8 cup	0.738
Buttermilk Ranch Dressing	1 oz	1.35
Caesar Dressing	1 oz	0.27
Cream Cheese, Individual Pack, Plain	1each, 1 oz	1
Cream Cheese, Individual Pack, Strawberry	1 each, 1 oz	4
Chilies	1 tbsp	0.4
Country Sausage Gravy	1/4 cup	5.995
Dill Pickle Slices	1 slice	0.247
Gravy, Brown	2 tbsp	
Gravy, Chicken	2 tbsp	
Green Chili	2 oz	5.60
Honey	2 tbsp	34.92
Hot Sauce	1 oz	0
Italian Vinaigrette	1 oz	0.12
Jalapenos	1 tbsp	1.05
Jelly	1 tsp	4.591
Ketchup	2 tbsp	8.17
Marinara Sauce	1/4 cup	3.23
Mustard	1 tbsp	0.83
Nacho Cheese Sauce	1 1/2 oz	2.315
Parmesan Cheese	1 tbsp	0.223
Salsa	2 oz	2.67
Sour Cream, lowfat	1 tbsp	1.06
Tartar Sauce	2 tbsp	2.51
Teriyaki/Asian BBQ Sauce	2 Tbsp	12.00