

# a WELL-DRESSED salad

Homemade dressing takes minutes to make and is healthier than store-bought.



HOMEMADE RANCH	
Nutrition Facts	
Calories	21
Saturated Fat	0g
Sodium	56mg
Sugar	3g

COMMERCIAL RANCH	
Nutrition Facts	
Calories	146
Saturated Fat	1.6g
Sodium	150mg
Sugar	6g

HOMEMADE HONEY MUSTARD	
Nutrition Facts	
Calories	55
Saturated Fat	0.5g
Sodium	100mg
Sugar	3g

COMMERCIAL HONEY MUSTARD	
Nutrition Facts	
Calories	130
Saturated Fat	1.6g
Sodium	150mg
Sugar	6g

HOMEMADE TOMATO FRENCH	
Nutrition Facts	
Calories	45
Saturated Fat	0g
Sodium	52mg
Sugar	3g

COMMERCIAL FRENCH	
Nutrition Facts	
Calories	140
Saturated Fat	2g
Sodium	230mg
Sugar	6g

