



Caesar Dressing

Nutrient Analysis
Source: Custom

Yield: 486 (1.000 fluid ounce(s))
No. Ingredients: 7

Category: Basic Food
Manufacturer: (None)

Nutrient Goal Template:
DAILY VALUES/RDI - ADULT/CHILD

| Nutrient | Value | Unit | Goal | % |
|-------------------------|---------|------|----------|------|
| Weight | 28.950 | g | | |
| Kilocalories | 99.717 | kcal | 2000.000 | 5 % |
| Protein | 0.943 | g | 50.000 | 2 % |
| Carbohydrate | 5.724 | g | 300.000 | 2 % |
| Fat, Total | 8.294 | g | 65.000 | 13 % |
| Alcohol | 0.000 | g | | |
| Cholesterol | 7.682 | mg | 300.000 | 3 % |
| Saturated Fat | 1.462 | g | 20.000 | 7 % |
| Monounsaturated Fat | 2.247 | g | | |
| Polyunsaturated Fat | 4.204 | g | | |
| MFA 18:1, Oleic | 2.227 | g | | |
| PFA 18:2, Linoleic | 3.735 | g | | |
| PFA 18:3, Linolenic | 0.468 | g | | |
| PFA 20:5, EPA | 0.000 | g | | |
| PFA 22:6, DHA | 0.000 | g | | |
| Trans Fatty Acid | 0.000 | g | | |
| Sodium | 205.734 | mg | 2400.000 | 9 % |
| Potassium | 5.998 | mg | 3500.000 | 0 % |
| Vitamin A (RE) | 17.815 | RE | | |
| Vitamin A (IU) | 59.414 | IU | 5000.000 | 1 % |
| Vitamin A (RAE) | 7.120 | µg | | |
| Beta-Carotene | 22.432 | µg | | |
| Alpha-Carotene | 0.232 | µg | | |
| Lutein (+ Zeaxanthin) | 20.264 | µg | | |
| Beta-Cryptoxanthin | 6.304 | µg | | |
| Lycopene | 0.000 | µg | | |
| Vitamin C | 0.164 | mg | 60.000 | 0 % |
| Calcium | 24.506 | mg | 1000.000 | 2 % |
| Iron | 0.072 | mg | 18.000 | 0 % |
| Vitamin D (ug) | 0.013 | µg | 10.000 | 0 % |
| Vitamin D (IU) | 0.523 | IU | 400.000 | 0 % |
| Vitamin E (mg) | 0.000 | mg | 20.000 | 0 % |
| Vitamin E (IU) | 0.000 | IU | 30.000 | 0 % |
| Alpha-Tocopherol | 0.484 | mg | | |
| Thiamin | 0.004 | mg | 1.500 | 0 % |
| Riboflavin | 0.015 | mg | 1.700 | 1 % |
| Niacin | 0.005 | mg | 20.000 | 0 % |
| Pyridoxine (Vitamin B6) | 0.008 | mg | 2.000 | 0 % |
| Folate (Total) | 1.612 | µg | 400.000 | 0 % |
| Folate (DFE) | 1.612 | µg | | |
| Cobalamin (Vitamin B12) | 0.091 | µg | 6.000 | 2 % |
| Biotin | 0.056 | µg | 300.000 | 0 % |
| Pantothenic Acid | 0.064 | mg | 10.000 | 1 % |
| Vitamin K | 9.842 | µg | 80.000 | 12 % |

| Nutrient | Value | Unit | Goal | % |
|----------------------|---------|------|----------|-----|
| Phosphorus | 20.095 | mg | 1000.000 | 2 % |
| Iodine | | µg | 150.000 | |
| Magnesium | 1.303 | mg | 400.000 | 0 % |
| Zinc | 0.117 | mg | 15.000 | 1 % |
| Copper | 0.008 | mg | 2.000 | 0 % |
| Manganese | 0.026 | mg | 2.000 | 1 % |
| Selenium | 0.735 | µg | 70.000 | 1 % |
| Fluoride | 4.154 | µg | | |
| Chromium | | mg | 0.120 | |
| Molybdenum | 0.086 | µg | 75.000 | 0 % |
| Dietary Fiber, Total | 0.006 | g | 25.000 | 0 % |
| Soluble Fiber | 0.000 | g | | |
| Insoluble Fiber | 0.000 | g | | |
| Crude Fiber | 0.003 | g | | |
| Sugar, Total | 1.511 | g | | |
| Glucose | 0.004 | g | | |
| Galactose | 0.003 | g | | |
| Fructose | 0.005 | g | | |
| Sucrose | 0.003 | g | | |
| Lactose | 0.003 | g | | |
| Maltose | 0.003 | g | | |
| Sugar Alcohol | 0.000 | g | | |
| Other Carbohydrate | 0.000 | g | | |
| Tryptophan | 12.843 | mg | | |
| Threonine | 38.908 | mg | | |
| Isoleucine | 49.340 | mg | | |
| Leucine | 88.007 | mg | | |
| Lysine | 70.433 | mg | | |
| Methionine | 24.485 | mg | | |
| Cystine | 6.146 | mg | | |
| Phenylalanine | 48.331 | mg | | |
| Tyrosine | 52.704 | mg | | |
| Valine | 60.569 | mg | | |
| Arginine | 45.132 | mg | | |
| Histidine | 25.758 | mg | | |
| Alanine | 32.470 | mg | | |
| Aspartic Acid | 68.458 | mg | | |
| Glutamic Acid | 189.753 | mg | | |
| Glycine | 20.906 | mg | | |
| Proline | 95.104 | mg | | |
| Serine | 60.649 | mg | | |
| Moisture | 12.847 | g | | |
| Ash | 0.599 | g | | |
| Caffeine | 0.000 | mg | | |

Percentage of Kcals

| | |
|--------------|-------|
| Protein | 3.7% |
| Carbohydrate | 22.6% |
| Fat, total | 73.7% |
| Alcohol | 0.0% |