

	Cobbtastic Salad	Blue Cheese Dressing	It's Salad Thyme!	Lemon Thyme Dressing	Sweet Beans and Greens
Serving Size	398 g	2 oz (57 g)	185 g	2 oz (57 g)	212 g
Calories	624	160	397	147	224
Calcium (mg)	115 mg	121 mg	230 mg	2 mg	51 mg
Protein (g)	74 g	5 g	26 g	0.06 g	7.3 g
Fat (g)	42 g	15 g	25 g	14.5 g	9.9 g
Carbohydrate (g)	10 g	2 g	18 g	3 g	27 g
Sugars (g)	3 g	1 g	3 g	2 g	2.9 g

	BBQ Ranch Dressing	Crispy Chicken Salad	Honey Mustard Dressing	Greek to Me Salad	Creamy Balsamic Dressing
Serving Size	2 oz (57 g)	208 g	2 oz (57 g)	213 g	2 oz (57 g)
Calories	277	258	172	217	289
Calcium (mg)	3 mg	99 mg	1 mg	179 mg	6 mg
Protein (g)	0.41 g	19 g	0.02 g	11 g	0.11 g
Fat (g)	29 g	6.9 g	16 g	8 g	31 g
Carbohydrate (g)	1.44 g	33 g	5.5 g	25.5 g	4 g
Sugars (g)	0.5 g	6.2 g	5.47 g	5 g	3 g

	Emmas Detox Salad	Garden Ranch Dressing	San Pancho Salad	Chipotle Dressing	Chicken Caesar Salad
Serving Size	343 g	2 oz (57 g)	246 g	2 oz (57 g)	178 g
Calories	260	271	332	96	279
Calcium (mg)	115 mg	3 mg	88 mg	1.8 mg	237 mg
Protein (g)	6.28 g	0.23 g	10 g	0.2 g	41 g
Fat (g)	15.5 g	29 g	23 g	7 g	14 g
Carbohydrate (g)	28 g	0.64 g	29.3 g	6.7 g	16 g
Sugars (g)	11 g	0.11 g	2.8 g	2.5 g	1.3 g

	Vegan Caesar Dressing	Wraps	Avocado	Hard Boiled Egg	Bacon	Seared Chicken	Crispy Chicken
Serving Size	2 oz (57 g)	1 tortilla (70 g)	1/2 Fruit (68 g)	1 large (50 g)	1.3 oz	2.4 oz (68 g)	2.45 oz
Calories	139	200	114	78	233	94	99
Calcium (mg)	18 mg	130 mg	18 mg	25 mg	4.3	1.6	7.9
Protein (g)	3.7 g	5 g	1.4	6.3	15.0	32.0	15.0
Fat (g)	12 g	4.5 g	10.5	5.3	18.5	4.9	2.5
Carbohydrate (g)	4.7 g	35 g	6.0	0.6	0.6	0.0	3.1
Sugars (g)	0.6 g	2 g	0.4	0.6	0.0	0.0	0.0

Serving Size

Calories

Calcium (mg)

Protein (g)

Fat (g)

Carbohydrate (g)

Sugars (g)

BBQ Chickpeas

1.75 oz

60

18

3.4

1.1

9.5

8