CHELTEN HOUSE * CHEF SELECT RECIPES *

DRGANIC DRESSINGS PCS

NUTRITION FACTS & INGREDIENTS

FRENCH DRESSING

Ingredients: organic tomato puree (filtered water, organic tomato puree), organic sugar, organic soybean oil, organic white vinegar, salt, organic onion powder, organic paprika, organic garlic powder, xanthan gum (a natural thickener).

Nutrition Facts

Serving Size 1 Package Servings per Container 1

our migo por our camor i		
Amount Per Serving		
Calories 120 Calories from	Fat 90	
%Daily Value*		
Total Fat 10g	15%	
Saturated Fat 1.5g	7%	
Trans Fat 0g		
Cholesterol 0 mg	0%	
Sodium 350 mg	14%	
Total Carbohydrate 9g	3%	
Dietary Fiber 0g	0%	
Sugars 8g		

Protein Oa Vitamin A 4% Vitamin C 0% Iron 0%

2.000 calorie diet



(f) Gluten Free

Lactose Free Cholesterol Free

Vegan

All of our recipes have zero trans fat.

GODDESS DRESSING

Ingredients: filtered water, organic soybean oil, organic tahini, organic cider vinegar, organic soy sauce (water, organic soybeans, salt, organic wheat, organic alcohol), organic lemon juice, salt, organic garlic powder, organic sesame seeds, organic parsley flakes, organic chives, xanthan gum (a natural thickener).

CONTAINS SOY, WHEAT

Nutrition Facts

Serving Size 1 Package Servings per Container 1

Amount Per Se	erving	
Calories 190	Calories from	m Fat 170
	%Da	ily Value*
Total Fat 19	g	30%
Saturated	Fat 3g	14%
<i>Trans</i> Fat	0g	
Cholesterol	0 mg	0%
Sodium 410	mg	17%
Total Carbo	hydrate 2g	1%
Dietary Fil	per <1g	2%
Sugars <	lg	
Protein 2g		

Vitamin C 2% Calcium 0% Iron 2% 2.000 calorie diet



Lactose Free

Cholesterol Free

Vegan

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HONEY MUSTARD DRESSING

Ingredients: filtered water, organic soybean oil, organic sugar, organic stoneground mustard (water, organic vinegar, organic mustard seed, salt, organic cinnamon, organic ginger), organic honey, organic white vinegar, organic mustard seed, salt, organic onion powder, organic white pepper, organic garlic powder, xanthan gum (a natural

Nutrition Facts

Serving Size 1 Package

Servings per Container 1	
Amount Per Serving	
Calories 140 Calories from	Fat 100
%Daily	Value*
Total Fat 12g	19%
Saturated Fat 1.5g	9%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 250 mg	10%
Total Carbohydrate 9g	3%
Dietary Fiber 0g	0%
Sugars 9g	
Protein 0g	
Vitamin A 0% • Vitamin Calcium 0% • Iron 0%	
* Percent Daily Values are base	ed on a

(Gluten Free

Lactose Free

Cholesterol Free All of our recipes have zero trans fat.

RASPBERRY VINAIGRETTE

Ingredients: filtered water, organic soybean oil, organic cider vinegar, organic sugar, organic raspberry juice, organic red wine vinegar, organic stoneground mustard (water, organic vinegar, organic mustard seed, salt, organic cinnamon, organic ginger), organic fruit & vegetable juice for color, organic egg yolks, organic white vinegar, organic raspberry flavor, salt, organic ground mustard seed, xanthan gum (a natural thickener).

CONTAINS EGG

Nutrition Facts

Serving Size 1 Package Servings per Container 1

ů i	
Amount Per Serving	
Calories 90 Calories from	Fat 60
%Daily	Value*
Total Fat 7g	11%
Saturated Fat 1 g	5%
Trans Fat 0 g	
Cholesterol <5mg	1%
Sodium 65mg	3%
Total Carbohydrate 6g	2%
Dietary Fiber 0g	0%
Sugars 6g	
Protein 0g	
	0.00/
Vitamin ∆ ∩% • Vitamin	1,80%



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BALSAMIC VINAIGRETTE

Ingredients: filtered water, organic soybean oil, organic balsamic vinegar, organic sugar, salt, organic white vinegar, organic minced garlic, organic garlic powder, organic onion powder, organic black pepper, organic red pepper granules, xanthan, (a natural thickener).

Nutrition Facts

Serving Size 1 Package Servings per Container 1

Amount Per Serving	
Calories 90 Calories from	1 Fat 80
%Daily	Value*
Total Fat 9g	13%
Saturated Fat 1.5g	6%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 410mg	17%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Sugars 3g	
Protein 0g	
Vitamin A 0% • Vitamin Calcium 0% • Iron 0%	

* Percent Daily Values are based on a 2,000 calorie diet.



(f) Gluten Free

Lactose Free Cholesterol Free

Vegan

All of our recipes have zero trans fat.

CLASSIC CAESAR DRESSING

Nutrition Facts

Calories 160 Calories from Fat 150

%Daily Value*

Vitamin C 0%

Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

27%

14%

3%

8%

0%

0%

Serving Size 1 Package

Servings per Container 1

Amount Per Serving

Saturated Fat 3g

Total Carbohydrate <1g

Dietary Fiber 0g

Trans Fat 0g

Cholesterol 10mg

Sodium 190mg

Sugars 0g

Protein 1 g

Vitamin A 0%

Calcium 4%

Total Fat 17g

Ingredients: filtered water, organic soybean oil, organic parmesan cheese (cultured pasteurized organic milk, salt, powdered cellulose, microbial enzymes), organic dijon mustard (water, organic mustard seed, organic vinegar, salt, organic turmeric, organic tarragon, organic cinnamon, organic ginger), organic red wine vinegar, organic garlic, organic egg yolks, natural anchovy flavor, organic lemon juice, organic white vinegar, salt, organic worcestershire sauce (organic white vinegar, organic molasses, water, organic sugar, sea salt, organic caramel color. organic garlic powder, organic spices, organic cayenne pepper, organic

black pepper, xanthan gum), organic ground mustard seed, organic black pepper, xanthan gum (a natural thickener).

CONTAINS MILK, EGG. FISH



Gluten Free

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Calcium 0%

2.000 calorie diet



Percent Daily Values are based on a



Iron 0%

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DRGANIC DRESSINGS PCS

NUTRITION FACTS & INGREDIENTS

ROASTED RED PEPPER VINAIGRETTE

Ingredients: filtered water, organic soybean oil, organic roasted red pepper puree, organic white vinegar, organic sugar, organic roasted red peppers, organic tomato paste, organic heavy cream, salt, organic garlic, organic minced onions, organic black pepper, xanthan gum (a natural thickener).

CONTAINS MILK

Nutrition Facts

Serving Size 1 Package Servings per Container 1

corringe per container :	
Amount Per Serving	
Calories 110 Calories from	Fat 90
%Daily	Value*
Total Fat 11g	16%
Saturated Fat 1.5g	9%
<i>Trans</i> Fat 0 g	
Cholesterol 0 mg	0%
Sodium 140 mg	6%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Sugars 2g	
Protein 0g	

Vitamin A 4% Vitamin C 10% Percent Daily Values are based on a



(f) Gluten Free

Cholesterol Free All of our recipes have zero trans fat.

RANCH DRESSING

Ingredients: filtered water, organic soybean oil, organic white vinegar, organic sugar, organic egg yolks, salt, organic buttermilk powder, organic onion puree, organic garlic puree, organic ground mustard seed, organic cilantro, organic yeast powder, organic black pepper, lactic acid, organic dillweed, organic lemon juice, xanthan gum (a natural thickener).

CONTAINS MILK, EGG

Nutrition Facts

Serving Size 1 Package Servings per Container 1

Amount Per Serving	
Calories 210 Calories from	Fat 190
%Daily	Value*
Total Fat 22g	34%
Saturated Fat 3.5g	18%
Trans Fat 0 g	
Cholesterol 20mg	7%
Sodium 300 mg	12%
Total Carbohydrate 2g	1%
Dietary Fiber 0 g	0%
Sugars 2g	
Protein <1g	
Vitamin A 0% • Vitamin	n C 0%



(C) Gluten Free All of our recipes have zero trans fat.

SESAME GINGER DRESSING

Ingredients: filtered water, organic soybean oil, organic sugar, organic white vinegar, organic tamari sauce (water, organic soybeans, salt, organic alcohol), organic sesame oil, salt, organic garlic puree, organic onion powder, organic mustard seed, organic ginger powder, organic sesame seeds, organic malt, organic ginger extract, xanthan gum (a natural thickener).

CONTAINS SOY

Nutrition Facts

Serving Size 1 Package

Servings per Container 1	
Amount Per Serving	
Calories 110 Calories from	Fat 80
%Daily	Value*
Total Fat 9g	14%
Saturated Fat 1.5g	7%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 470 mg	20%
Total Carbohydrate 7 g	2%
Dietary Fiber 0g	0%
Sugars 7g	
Protein <1g	
Vitamin A 0% • Vitamin Calcium 0% • Iron 0%	

Percent Daily Values are based on a



(Gluten Free

Lactose Free

Cholesterol Free

Vegan

All of our recipes have zero trans fat.

JAPANESE MISO GINGER DRESSING

Ingredients: filtered water, organic soybean oil, organic miso (organic soybeans, organic rice koji, sea salt, blue ridge mountain well water, koji spores), organic rice vinegar, organic tamari sauce (water, organic soybeans, salt, organic alcohol), organic ginger puree, organic mirin wine, organic tomato paste, organic pineapple juice, organic sugar, organic sesame oil, salt, organic onion puree, organic garlic, xanthan gum (a natural thickener). CONTAINS SOY

Nutrition Facts

Serving Size 1 Package Servings per Container 1

corvinge per container i	
Amount Per Serving	
Calories 100 Calories from	n Fat 90
%Daily	Value*
Total Fat 9g	14%
Saturated Fat 1.5g	7%
Trans Fat 0 g	
Cholesterol Omg	0%
Sodium 490 mg	21%
Total Carbohydrate 4g	1%
Dietary Fiber <1g	2%
Sugars 2g	
Protein <1g	
Vitamin A 0% • Vitamin Calcium 0% • Iron 0%	n C 0%

* Percent Daily Values are based on a 2.000 calorie diet.



(f) Gluten Free

Lactose Free Cholesterol Free

Vegan

All of our recipes have zero trans fat.

LOW FAT CLASSIC CAESAR DRESSING

 Iron 0% Percent Daily Values are based on a

Ingredients: filtered water, organic sugar, organic romano cheese (cultured pasteurized organic milk, salt, powdered cellulose, microbial enzymes), organic cider vinegar, organic white vinegar, organic soybean oil, salt, organic garlic puree, organic rice oligodextrin, organic garlic, organic lemon juice, organic black pepper, natural anchovy flavor, xanthan gum (a natural thickener). CONTAINS MILK. FISH

Nutrition Facts

Serving Size 1 Package Servings per Container 1

Amount Per Se	erving	
Calories 50	Calo	ries from Fat 20
		%Daily Value*
Total Fat 2.5	ig	4%
Saturated	Fat 1	4%
<i>Trans</i> Fat	0 g	
Cholesterol	<5mg	1%
Sodium 410	mg	17%
Total Carbohydrate 6g 2		te 6g 2%
Dietary Fil	er 0 g	0%
Sugars 4g		
Protein 1g		
Vitamin A 0%	•	Vitamin C 0%
Calcium 4%	•	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.



(C) Gluten Free All of our recipes have zero trans fat.

LOW FAT CHIPOTLE RANCH DRESSING

Ingredients: filtered water, organic white vinegar. organic soybean oil, organic corn starch, organic sugar, organic non fat buttermilk powder, organic rice oligodextrin, salt, organic tomato powder, organic egg yolks, organic garlic powder, organic cumin, organic onion powder, organic chipotle powder, organic paprika, organic parsley, organic cilantro, organic lemon juice, organic black pepper, organic ground mustard seed, xanthan gum (a natural thickener). CONTAINS MILK, EGG

Nutrition Facts

Serving Size 1 Package Servings per Container 1

0 1	
Amount Per Serving	
Calories 30 Calories from Fa	at 15
%Daily Va	lue*
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0 g	
Cholesterol 0mg	0%
Sodium 200 mg	9%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 0g	
Vitamin A 4% • Vitamin C	0%
Calcium 0% • Iron 0%	
* Percent Daily Values are based	on a



(f) Gluten Free

Cholesterol Free All of our recipes have zero trans fat.



