

Healthy Salad Dressing Comparison Chart

| Vinaigrettes - 2T or 10 sprays ✓ SS Picks = 140 mg Sodium or less. Dressings are arranged in order from lowest to highest in calories and then sodium. | | | | | | | Calories | Total Fat (g) | Saturated Fat (g) | Carbohydrate (g) | Sodium (mg) | Main Ingredients |
|---|----|-----|-----|----|---------|---|----------|---------------|-------------------|------------------|-------------|------------------|
| Fruit/Sweet | | | | | | | | | | | | |
| ✓ Wish-Bone Salad Spritzers - Raspberry Bliss | 10 | 1 | 0 | 1 | 130 | Water, vinegar, high fructose corn syrup, soybean oil.... | | | | | | |
| ✓ Ken's Lite Accent Sprays - Honey Mustard, Mixed Berry, Raspberry Walnut | 15 | 0.5 | 0 | 2 | 95 | Varies | | | | | | |
| ✓ Annie's Naturals Fat Free Mango* | 20 | 0 | 0 | 5 | 5 | Water, distilled white vinegar, mango concentrate... | | | | | | |
| ✓ Silver Palate Really Raspberry Splash | 25 | 0 | 0 | 6 | 65 | Water, white wine vinegar, corn syrup, raspberries.... | | | | | | |
| ✓ Maple Grove Farms Fat Free Lime Basil* | 25 | 0 | 0 | 6 | 130 | Water, cider vinegar, seasoning blend.... | | | | | | |
| ✓ Litehouse Pomegranate Blueberry/Cranberry/Huckleberry* | 25 | 0 | 0 | 6 | 105-130 | NA | | | | | | |
| ✓ Annie's Naturals Fat Free Raspberry Balsamic* | 30 | 0 | 0 | 7 | 10 | Water, balsamic vinegar, cane sugar... | | | | | | |
| Maple Grove Farms Fat Free Cranberry Balsamic* | 30 | 0 | 0 | 7 | 180 | Water, sugar, cider vinegar, balsamic vinegar, cranberry juice.... | | | | | | |
| Maple Grove Farms Fat Free Poppyseed* | 35 | 0 | 0 | 7 | 160 | Water, sugar, cider vinegar, seasoning blend.... | | | | | | |
| Maple Grove Farms Fat Free Raspberry* | 35 | 0 | 0 | 7 | 160 | Water, sugar, cider vinegar, cucumber juice, seasoning.... | | | | | | |
| ✓ Annie's Naturals Lite Raspberry* | 40 | 3 | 0 | 4 | 60 | Water, apple cider vinegar, canola and/or sunflower oil... | | | | | | |
| ✓ Litehouse Organic Raspberry Lime* | 45 | 2.5 | 0 | 5 | 60 | Water, organic sugar, organic distilled vinegar, organic soybean oil.... | | | | | | |
| Marzetti Light Berry Balsamic | 45 | 3 | 0 | 4 | 250 | Water, balsamic vinegar, soybean oil, sugar, blueberry juice concentrate.... | | | | | | |
| Marzetti Fat Free Sweet & Sour* | 45 | 0 | 0 | 12 | 290 | Water, high fructose corn syrup, sugar, corn-cider vinegar.... | | | | | | |
| ✓ Marie's Raspberry | 50 | 3 | 0 | 7 | 100 | NA | | | | | | |
| Ken's Fat Free Raspberry Pecan* | 50 | 0 | 0 | 12 | 280 | Water, high fructose corn syrup, cider vinegar, sugar.... | | | | | | |
| ✓ Girard's Light Raspberry* | 60 | 0 | 0 | 7 | 130 | Water, high fructose corn syrup, soybean oil, red wine vinegar.... | | | | | | |
| Ken's Healthy Options Raspberry Walnut* | 60 | 3.5 | 0.5 | 6 | 180 | Vinegar, water, sugar, vegetable oil, extra virgin olive oil.... | | | | | | |
| ✓ Newman's Own Lighten Up Raspberry & Walnut* | 70 | 5 | 0.5 | 7 | 120 | Water, sugar, vegetable oil (soybean and/or canola), red wine vinegar... | | | | | | |
| Newman's Own Lighten Up Light Cranberry Walnut* | 70 | 4 | 0.5 | 8 | 230 | Water, sugar, vegetable oil (canola and/or soybean), balsamic vinegar... | | | | | | |
| ✓ Silver Palate Raspberry Sun Splash | 80 | 8 | 0.5 | 4 | 125 | Water, soybean oil, walnut oil, white wine vinegar, raspberries.... | | | | | | |
| Marzetti Light Citrus Poppyseed | 80 | 6 | 1 | 6 | 190 | Water, soybean oil, sugar, distilled vinegar, orange juice concentrate.... | | | | | | |
| Annie's Naturals Organic Pomegranate* | 80 | 7 | 0.5 | 2 | 270 | Water, canola oil, red wine vinegar, pomegranate juice, extra virgin olive oil... | | | | | | |
| Asian/Savory | | | | | | | | | | | | |
| ✓ Maple Grove Farms Sugar Free Balsamic* | 0 | 0 | 0 | 1 | 100 | Water, balsamic vinegar, cider vinegar, seasoning blend.... | | | | | | |
| ✓ Ken's Lite Accent Sprays - Asian, Balsamic, Italian | 10 | 0 | 0 | 1 | 95 | Varies | | | | | | |
| ✓ Wish-Bone Salad Spitzers - Balsamic, Italian | 10 | 1 | 0 | 1 | 100-130 | Water, vinegar, high fructose corn syrup, soybean oil.... | | | | | | |
| Marzetti Fat Free Italian* | 15 | 0 | 0 | 4 | 290 | Water, distilled vinegar, high fructose corn syrup, modified corn starch.... | | | | | | |
| Silver Palate Roasted Garlic Organic | 40 | 2 | 0 | 6 | 240 | Water, balsamic vinegar, sugar, garlic, extra virgin olive oil.... | | | | | | |
| Annie's Naturals Lite Gingerly | 40 | 3 | 0 | 3 | 290 | Water, apple cider vinegar, soy sauce, honey, vegetable oil.... | | | | | | |
| Ken's Healthy Options Italian* | 45 | 4 | 1 | 2 | 230 | Water, distilled vinegar, vegetable oil (soybean and/or canola), sugar.... | | | | | | |
| Ken's Healthy Options Balsamic* | 45 | 3.5 | 0.5 | 3 | 240 | Water, balsamic vinegar, vegetable oil (soybean and/or canola), sugar... | | | | | | |
| Silver Palate Low Fat Garlic Balsamico Splash | 45 | 2 | 0 | 5 | 240 | Water, balsamic vinegar, sugar, roasted garlic, extra virgin olive oil.... | | | | | | |
| Girard's Light Creamy Balsamic | 45 | 3 | 0 | 4 | 250 | Water, balsamic vinegar, high fructose corn syrup, soybean oil.... | | | | | | |
| Marie's Balsamic | 50 | 4.5 | 0.5 | 3 | 210 | Water, balsamic vinegar, soybean oil, red wine vinegar, brown sugar.... | | | | | | |
| Cardini's Light Balsamic* | 50 | 3 | 0 | 5 | 210 | Water, balsamic vinegar, sugar, soybean oil.... | | | | | | |
| Annie's Naturals Lite Herb Balsamic* | 50 | 5 | 0 | 2 | 230 | Water, white vinegar, vegetable oil (canola and/or sunflower) | | | | | | |
| Ken's Healthy Options Olive Oil & Vinegar* | 50 | 4 | 0.5 | 3 | 240 | Water, distilled vinegar, vegetable oil (soybean and/or canola), sugar.... | | | | | | |
| Cardini's Light Greek | 50 | 4.5 | 1 | 2 | 270 | Water, soybean oil, red wine vinegar, distilled vinegar, feta cheese.... | | | | | | |
| Marie's Red Wine | 60 | 4 | 0.5 | 6 | 200 | Water, high fructose corn syrup, soybean oil, red wine vinegar.... | | | | | | |
| Ken's Healthy Options Sweet Vidalia Onion* | 60 | 4 | 0.5 | 7 | 210 | Vinegar, water, sugar, vegetable oil (soybean and/or canola).... | | | | | | |
| Newman's Own Lighten Up Italian | 60 | 6 | 1 | 0 | 260 | Water, red wine vinegar, olive oil, vegetable oil... | | | | | | |
| Wish-Bone Balsamic* | 60 | 5 | 0.5 | 3 | 280 | Water, balsamic vinegar, soybean oil and extra virgin olive oil | | | | | | |
| Wish-Bone Red Wine* | 70 | 5 | 0.5 | 6 | 230 | Water, red wine vinegar, soybean oil and extra virgin olive oil.... | | | | | | |
| Ken's Fat Free Sun-Dried Tomato* | 70 | 0 | 0 | 17 | 260 | High fructose corn syrup, vinegar, maltodextrin, water... | | | | | | |

* Gluten-free NA - We were not able to obtain this information