

NUTRITIONAL INFORMATION

Flat Top Grill Sauces
Serving Size = 1 Fluid Ounce (1 ladle)
 Last Updated March 1, 2003

Sauce	Calories	Protein (g)	Total Fat (g)	Carbs (g)	Sodium (mg)	"Points"	V=Vegan
ASIAN SESAME GINGER	28	1.0	2.0	3.0	232	.5	V
BLACK BEAN GARLIC	15	1.0	0	3.0	596	0	V
INDIAN COCONUT CURRY	42	.5	2.7	4.5	130	1.0	V
KOREAN BARBECUE	44	.5	0	11.2	613	1.0	
KUNG PAO HOISIN	46	1.6	1.6	7.0	649	1.0	V
PAD THAI	40	.6	.5	9.2	420	1.0	
REALLY WILD MUSHROOM	26	0	1.8	2.6	60	.5	V
FLAT TOP GRILL SAUCE	19	.6	0	4.4	488	1.0	V
GARLIC WATER	0	0	0	0	0	0	V
GINGER WATER	0	0	0	0	0	0	V
HOT RED CHILI	41	0	1.3	7.8	686	1.0	V
HONEY MUSTARD	43	1.0	1.2	9.8	328	1.0	
HOT MUSTARD	37	1.9	2.6	2.0	65	1.0	V
HORSERADISH TOFU	128	.4	13.8	1.3	133	4.0	
NONFAT SPICY LIME BASIL	21	.3	0	5.0	226	.5	
PEANUT SAUCE	53	2.3	4.2	2.9	402	1.5	
SOY SESAME	39	.6	1.2	6.7	458	1.0	V
SWEET & SOUR	33	0	.5	7.1	314	.5	V
TERIYAKI SAUCE	15	1	0	2.0	321	.5	V
VIETNAMESE	20	1	0	4	810	.5	

SOY							
VINDAHOO	71	0	4	6	321	2	
RICE WINE VINEGAR	12	0	0	0	113	0	V
SESAME OIL	98	0	16	0	0	3.0	V
CUCUMBER VINAIGRETTE	64	0	1.2	6.7	458	1.0	V
ROTI PRATA FLATBREAD							V

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