Salads	Weight (grams)	Energy (kcal)	Protein (g)	Total lipid (fat) (g)	Carbohydrate by difference (g)	Fiber, total dietary (g)	Sugars, total (g)	Dressing
Power Salad	193	287.8	23.2	7.6	31.3	4.1	15.1	Asian
Mediterranean Salad	278	257.8	10.8	16.9	18.5	7.8	7.3	Balsamic

Dressings	Net Weight (grams)	Energy (kcal)	Protein (g)	Total lipid (fat) (g)	Carbohydrate by difference (g)	Fiber, total dietary (g)	Sugars, total (g)
Asian	63	222.3	0.0	20.1	11.1	0.1	9.8
Balsamic	63	319.9	0.4	34.2	3.2	0.6	2.0