

Protein Dictionary

Fats, Oils, Salad Dressings

All protein values are in grams.

Fats

| | |
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| Table fat | |
| 1 cup | 1.2 |
| 1 tablespoon | 0.1 |
| 1 pat (1" sq, 1/3" high) | 0 |
| Butter | |
| 1 cup | 1.9 |
| 1 tablespoon | 0.1 |
| 1 pat | 0 |
| 1 individual container | 0 |
| Butter, stick, salted | |
| 1 cup | 1.9 |
| 1 tablespoon | 0.1 |
| 1 pat (1" sq, 1/3" high) | 0 |
| 1 stick | 1 |
| one inch of stick | 0.2 |
| Butter, whipped, tub, salted | |
| 1 cup | 1.3 |
| 1 tablespoon | 0.1 |
| 1 pat | 0 |
| 1 container | 0.1 |
| Butter, whipped, stick, salted | |
| 1 cup | 1.3 |
| 1 tablespoon | 0.1 |
| 1 pat | 0 |
| Butter, stick, unsalted | |
| 1 cup | 1.9 |
| 1 tablespoon | 0.1 |
| 1 pat (1" sq, 1/3" high) | 0 |
| 1 stick | 1 |
| Butter, whipped, tub, unsalted | |
| 1 cup | 1.3 |
| 1 tablespoon | 0.1 |
| Butter, whipped, stick, unsalted | |
| 1 cup | 1.3 |
| 1 tablespoon | 0.1 |
| 1 pat | 0 |
| Light butter, stick, salted | |
| 1 cup | 7.5 |
| 1 tablespoon | 0.5 |
| 1 pat (1" sq, 1/3" high) | 0.2 |
| 1 stick | 3.7 |
| Light butter, stick, unsalted | |
| 1 cup | 7.5 |
| 1 tablespoon | 0.5 |
| 1 pat (1" sq, 1/3" high) | 0.2 |
| 1 stick | 3.7 |

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| Light butter, whipped, tub, salted | |
| 1 cup | 5 |
| 1 tablespoon | 0.3 |
| Margarine | |
| 1 cup | 1.4 |
| 1 tablespoon | 0.1 |
| 1 pat (1" sq, 1/3" high) | 0 |
| 1 individual container | 0 |
| Margarine, stick, salted | |
| 1 cup | 0.4 |
| 1 tablespoon | 0 |
| 1 pat (1" sq, 1/3" high) | 0 |
| 1 stick | 0.2 |
| one inch of stick | 0 |
| Margarine, tub, salted | |
| 1 cup | 0.5 |
| 1 tablespoon | 0 |
| 1 individual container | 0 |
| Margarine, liquid, salted | |
| 1 cup | 4.3 |
| 1 tablespoon | 0.3 |
| 1 packet | 0.1 |
| Margarine, whipped, tub, salted | |
| 1 cup | 0.3 |
| 1 tablespoon | 0 |
| 1 pat | 0 |
| 1 individual container | 0 |
| Margarine, stick, unsalted | |
| 1 cup | 2 |
| 1 tablespoon | 0.1 |
| 1 pat | 0 |
| 1 stick | 1 |
| one inch of stick | 0.2 |
| Margarine-like spread, stick, salted | |
| 1 cup | 0.3 |
| 1 tablespoon | 0 |
| 1 pat | 0 |
| one inch of stick | 0 |
| Margarine-like spread, made with yogurt, stick, salted | |
| 1 cup | 0.7 |
| 1 tablespoon | 0 |
| one inch of stick | 0.1 |
| Margarine, tub, unsalted | |
| 1 cup | 0.5 |
| 1 tablespoon | 0 |
| Margarine, whipped, tub, unsalted | |
| 1 cup | 0.3 |
| 1 tablespoon | 0 |

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| Margarine-like spread, tub, salted | |
| 1 cup | 0.4 |
| 1 tablespoon | 0 |
| 1 individual container | 0 |
| Margarine-like spread, liquid, salted | |
| 1 cup | 0.7 |
| 1 tablespoon | 0 |
| 1 spray | 0 |
| Margarine-like spread, stick, unsalted | |
| 1 cup | 0.3 |
| 1 tablespoon | 0 |
| 1 pat | 0 |
| one inch of stick | 0 |
| Margarine-like spread, tub, unsalted | |
| 1 cup | 0.4 |
| 1 tablespoon | 0 |
| Margarine-like spread, whipped, tub, salted | |
| 1 tablespoon | 0 |
| 1 cup | 0.3 |
| 1 pat | 0 |
| 1 individual container | 0 |
| Margarine-like spread, tub, sweetened | |
| 1 cup | 0 |
| 1 tablespoon | 0 |
| Margarine-like spread, reduced calorie, about 40% fat, tub, salted | |
| 1 cup | 1.2 |
| 1 tablespoon | 0.1 |
| 1 pat | 0 |
| Margarine-like spread, reduced calorie, about 40% fat, made with yogurt, tub, salted | |
| 1 cup | 4.5 |
| 1 tablespoon | 0.3 |
| Margarine-like spread, reduced calorie, about 40% fat, stick, salted | |
| 1 cup | 1.4 |
| 1 tablespoon | 0.1 |
| 1 pat | 0 |
| one inch of stick | 0.2 |
| Margarine-like spread, reduced calorie, about 20% fat, tub, salted | |
| 1 cup | 0 |
| 1 tablespoon | 0 |
| Margarine-like spread, reduced calorie, about 20% fat, tub, unsalted | |
| 1 cup | 0 |
| 1 tablespoon | 0 |
| Margarine-like spread, fat free, tub, salted | |
| 1 cup | 0.2 |
| 1 tablespoon | 0 |

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| Margarine-like spread, fat free, liquid, salted | |
| 1 tablespoon | 0.2 |
| Vegetable oil-butter spread, stick, salted | |
| 1 cup | 0.4 |
| 1 tablespoon | 0 |
| Vegetable oil-butter spread, tub, salted | |
| 1 cup | 2.3 |
| 1 tablespoon | 0.1 |
| Vegetable oil-butter spread, reduced calorie, stick, salted | |
| 1 cup | 0 |
| 1 tablespoon | 0 |
| Vegetable oil-butter spread, reduced calorie, tub, salted | |
| 1 cup | 2.1 |
| 1 tablespoon | 0.1 |
| Butter-margarine blend, stick, salted | |
| 1 cup | 1.1 |
| 1 tablespoon | 0.1 |
| 1 pat | 0 |
| one inch of stick | 0.1 |
| Butter-margarine blend, tub, salted | |
| 1 cup | 0.7 |
| 1 tablespoon | 0 |
| 1 individual container | 0 |
| Butter-margarine blend, stick, unsalted | |
| 1 cup | 2 |
| 1 tablespoon | 0.1 |
| 1 pat | 0 |
| one inch of stick | 0.2 |
| Butter-vegetable oil blend | |
| 1 cup | 0.7 |
| 1 tablespoon | 0 |
| Butter replacement, fat-free powder | |
| 1 cup | 1.6 |
| 1 tablespoon | 0.1 |
| 1 tablespoon Butter Buds | 0.1 |
| 1 tablespoon Molly McButter | 0.1 |
| 1 tablespoon Best O'butter | 0.1 |
| Animal fat or drippings | |
| 1 cup | 4.6 |
| 1 tablespoon | 0.3 |
| Lard | |
| 1 cup | 0 |
| 1 tablespoon | 0 |
| Shortening | |
| 1 cup | 0 |
| 1 tablespoon | 0 |

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| Shortening, vegetable | | |
| 1 cup | | 0 |
| 1 tablespoon | | 0 |
| Shortening, animal | | |
| 1 cup | | 0 |
| 1 tablespoon | | 0 |
| Ghee, clarified butter | | |
| 1 cup | | 0.6 |
| 1 tablespoon | | 0 |
| Lemon-butter sauce | | |
| 1 cup | | 1 |
| 1 tablespoon | | 0.1 |
| Hollandaise sauce | | |
| 1 cup | | 12.2 |
| 1 tablespoon | | 0.8 |
| Bernaise sauce | | |
| 1 cup | | 10.5 |
| 1 tablespoon | | 0.7 |
| Orange sauce (for duck) | | |
| 1 cup | | 3.5 |
| 1 tablespoon | | 0.2 |
| Sandwich spread | | |
| 1 cup | | 2.2 |
| 1 tablespoon | | 0.1 |
| Tartar sauce | | |
| 1 cup | | 2.2 |
| 1 tablespoon | | 0.1 |
| 1 packet | | 0.1 |
| 1 container (from fast food restaurant) | | 0.2 |
| Horseradish sauce | | |
| 1 cup | | 7 |
| 1 tablespoon | | 0.4 |
| 1 container (from fast food restaurant) | | 0.4 |
| Pesto sauce | | |
| 1 cup | | 21.4 |
| 1 tablespoon | | 1.4 |
| Tartar sauce, low calorie | | |
| 1 cup | | 1.1 |
| 1 tablespoon | | 0.1 |
| Honey butter | | |
| 1 cup | | 1.5 |
| 1 tablespoon | | 0.1 |
| Lecithin | | |
| 1 cup | | 0 |
| 1 tablespoon | | 0 |

Adobo fresco

1 cup

5.8

1 tablespoon

0.4

Oils

| | | |
|-----------------------------------|--|---|
| Vegetable oil | | |
| 1 cup | | 0 |
| 1 tablespoon | | 0 |
| Almond oil | | |
| 1 cup | | 0 |
| 1 tablespoon | | 0 |
| Coconut oil | | |
| 1 cup | | 0 |
| 1 tablespoon | | 0 |
| Corn oil | | |
| 1 cup | | 0 |
| 1 tablespoon | | 0 |
| Corn and canola oil | | |
| 1 cup | | 0 |
| 1 tablespoon | | 0 |
| Cottonseed oil | | |
| 1 cup | | 0 |
| 1 tablespoon | | 0 |
| Flaxseed oil | | |
| 1 cup | | 0 |
| 1 tablespoon | | 0 |
| Olive oil | | |
| 1 cup | | 0 |
| 1 tablespoon | | 0 |
| Peanut oil | | |
| 1 cup | | 0 |
| 1 tablespoon | | 0 |
| Rapeseed oil | | |
| 1 cup | | 0 |
| 1 tablespoon | | 0 |
| Canola and soybean oil | | |
| 1 cup | | 0 |
| 1 tablespoon | | 0 |
| Canola, soybean and sunflower oil | | |
| 1 cup | | 0 |
| 1 tablespoon | | 0 |
| Safflower oil | | |
| 1 cup | | 0 |
| 1 tablespoon | | 0 |
| Sesame oil | | |
| 1 cup | | 0 |
| 1 tablespoon | | 0 |

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| Soybean oil | | |
| 1 cup | | 0 |
| 1 tablespoon | | 0 |
| Soybean and sunflower oil | | |
| 1 cup | | 0 |
| 1 tablespoon | | 0 |
| Sunflower oil | | |
| 1 cup | | 0 |
| 1 tablespoon | | 0 |
| Walnut oil | | |
| 1 cup | | 0 |
| 1 tablespoon | | 0 |
| Wheat germ oil | | |
| 1 cup | | 0 |
| 1 tablespoon | | 0 |

Salad Dressings

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| Salad dressing, for salads | |
| 1 cup | 2.1 |
| 1 tablespoon | 0.1 |
| 1 packet | 0.4 |
| Blue or roquefort cheese dressing | |
| 1 cup | 11.8 |
| 1 tablespoon | 0.7 |
| Bacon dressing (hot) | |
| 1 cup | 8.4 |
| 1 tablespoon | 0.5 |
| Bacon and tomato dressing | |
| 1 cup | 4.3 |
| 1 tablespoon | 0.3 |
| Caesar dressing | |
| 1 cup | 2.8 |
| 1 tablespoon | 0.2 |
| 1 packet | 0.5 |
| Coleslaw dressing | |
| 1 cup | 2.2 |
| 1 tablespoon | 0.1 |
| Feta Cheese Dressing | |
| 1 cup | 9.6 |
| 1 tablespoon | 0.6 |
| French dressing | |
| 1 cup | 1.9 |
| 1 tablespoon | 0.1 |
| 1 packet | 0.3 |
| Fruit dressing, made with fruit juice and cream | |
| 1 cup | 7.7 |
| 1 tablespoon | 0.5 |
| Fruit dressing, made with honey, oil, and water | |
| 1 cup | 0.2 |
| 1 tablespoon | 0 |
| Honey mustard dressing | |
| 1 cup | 2.5 |
| 1 tablespoon | 0.2 |
| 1 packet | 0.4 |
| Italian dressing, made with vinegar and oil | |
| 1 cup | 0.9 |
| 1 tablespoon | 0.1 |
| 1 packet | 0.2 |

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| Mayonnaise, regular | |
| 1 cup | 2 |
| 1 tablespoon | 0.1 |
| 1 McDonald's salad dressing packet | 0.5 |
| 1 packet | 0.1 |
| Mayonnaise, made with yogurt | |
| 1 cup | 8.5 |
| 1 tablespoon | 0.5 |
| Mayonnaise, made with tofu | |
| 1 cup | 14.3 |
| 1 tablespoon | 0.9 |
| Mayonnaise, imitation | |
| 1 cup | 0.7 |
| 1 tablespoon | 0 |
| Mayonnaise, imitation, cholesterol free | |
| 1 cup | 0.2 |
| 1 tablespoon | 0 |
| Russian dressing | |
| 1 cup | 3.9 |
| 1 tablespoon | 0.2 |
| Mayonnaise-type salad dressing | |
| 1 cup | 2.1 |
| 1 tablespoon | 0.1 |
| 1 packet | 0.1 |
| Mayonnaise-type salad dressing, cholesterol-free | |
| 1 cup | 0 |
| 1 tablespoon | 0 |
| Boiled, cooked-type dressing | |
| 1 cup | 10.7 |
| 1 tablespoon | 0.7 |
| Green Goddess dressing | |
| 1 cup | 4.7 |
| 1 tablespoon | 0.3 |
| Creamy dressing, made with sour cream and/or buttermilk and oil | |
| 1 cup | 0.8 |
| 1 tablespoon | 0 |
| 1 packet | 0.1 |
| Cream cheese dressing | |
| 1 cup | 4.4 |
| 1 tablespoon | 0.3 |
| Milk, vinegar, and sugar dressing | |
| 1 cup | 7.6 |
| 1 tablespoon | 0.5 |
| Poppy seed dressing | |
| 1 cup | 0.5 |
| 1 tablespoon | 0 |

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| Peppercorn Dressing | |
| 1 tablespoon | 0.2 |
| 1 fl oz | 0.3 |
| 1 McDonald's salad dressing packet | 0.5 |
| 1 packet | 0.5 |
| Celery seed dressing | |
| 1 cup | 2.2 |
| 1 tablespoon | 0.1 |
| Sesame dressing | |
| 1 cup | 7.3 |
| 1 tablespoon | 0.5 |
| Sweet and sour dressing | |
| 1 cup | 0.2 |
| 1 tablespoon | 0 |
| Thousand Island dressing | |
| 1 cup | 2.7 |
| 1 tablespoon | 0.2 |
| 1 packet | 0.5 |
| Yogurt dressing | |
| 1 cup | 7 |
| 1 tablespoon | 0.4 |
| Salad dressing, low-calorie | |
| 1 cup | 2 |
| 1 tablespoon | 0.1 |
| 1 packet | 0.3 |
| Blue or roquefort cheese dressing, low-calorie | |
| 1 cup | 12.5 |
| 1 tablespoon | 0.8 |
| Blue or roquefort cheese dressing, reduced calorie | |
| 1 cup | 5.2 |
| 1 tablespoon | 0.3 |
| Blue or roquefort cheese dressing, reduced calorie, fat-free, cholesterol-free | |
| 1 cup | 5.6 |
| 1 tablespoon | 0.3 |
| Coleslaw dressing, reduced calorie | |
| 1 cup | 0 |
| 1 tablespoon | 0 |
| French dressing, low-calorie | |
| 1 cup | 1.5 |
| 1 tablespoon | 0.1 |
| 1 packet | 0.3 |
| French dressing, reduced calorie, fat-free, cholesterol-free | |
| 1 cup | 0.5 |
| 1 tablespoon | 0 |
| 1 packet | 0.1 |

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| French dressing, reduced calorie | |
| 1 cup | 1 |
| 1 tablespoon | 0.1 |
| 1 packet | 0.2 |
| Caesar dressing, low-calorie | |
| 1 cup | 0.7 |
| 1 tablespoon | 0 |
| 1 packet | 0.1 |
| Mayonnaise-type salad dressing, fat-free | |
| 1 cup | 0.5 |
| 1 tablespoon | 0 |
| Mayonnaise, low-calorie or diet | |
| 1 cup | 0.8 |
| 1 tablespoon | 0 |
| Mayonnaise, low-calorie or diet, low sodium | |
| 1 cup | 0.7 |
| 1 tablespoon | 0 |
| Mayonnaise, reduced calorie or diet, cholesterol-free | |
| 1 cup | 2.1 |
| 1 tablespoon | 0.1 |
| 1 packet | 0.1 |
| Mayonnaise-type salad dressing, low-calorie or diet | |
| 1 cup | 2.1 |
| 1 tablespoon | 0.1 |
| Mayonnaise-type salad dressing, low-calorie or diet, cholesterol-free | |
| 1 cup | 2.2 |
| 1 tablespoon | 0.1 |
| Honey mustard dressing, reduced calorie | |
| 1 cup | 2.4 |
| 1 tablespoon | 0.1 |
| Italian dressing, low calorie | |
| 1 cup | 1.1 |
| 1 tablespoon | 0.1 |
| 1 McDonald's salad dressing packet | 0.2 |
| 1 packet | 0.2 |
| Italian dressing, reduced calorie | |
| 1 cup | 0.6 |
| 1 tablespoon | 0 |
| 1 packet | 0.1 |
| Italian dressing, reduced calorie, fat-free | |
| 1 cup | 2.2 |
| 1 tablespoon | 0.1 |
| 1 Nutri System packet (1 oz) | 0.3 |
| 1 packet | 0.4 |
| Russian dressing, low-calorie | |
| 1 cup | 1.3 |
| 1 tablespoon | 0.1 |

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| Thousand Island dressing, low-calorie | | |
| 1 cup | | 2.1 |
| 1 tablespoon | | 0.1 |
| 1 packet | | 0.4 |
| Thousand Island dressing, reduced calorie, fat-free, cholesterol-free | | |
| 1 cup | | 1.4 |
| 1 tablespoon | | 0.1 |
| 1 packet | | 0.2 |
| Vinegar, sugar, and water dressing | | |
| 1 cup | | 0 |
| 1 tablespoon | | 0 |
| Korean dressing or marinade | | |
| 1 cup | | 2.7 |
| 1 tablespoon | | 0.2 |
| Milk, vinegar, and artificial sweetener dressing | | |
| 1 cup | | 8.6 |
| 1 tablespoon | | 0.5 |
| Creamy dressing, made with sour cream and/or buttermilk and oil, diet | | |
| 1 cup | | 1 |
| 1 tablespoon | | 0.1 |
| 1 packet | | 0.2 |
| Creamy dressing made with sour cream and/or buttermilk and oil, low calorie | | |
| 1 cup | | 1 |
| 1 tablespoon | | 0.1 |
| 1 packet | | 0.2 |
| Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie | | |
| 1 cup | | 3.7 |
| 1 tablespoon | | 0.2 |
| 1 packet | | 0.7 |
| Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, fat-free, cholesterol-free | | |
| 1 cup | | 3.7 |
| 1 tablespoon | | 0.2 |
| 1 packet | | 0.6 |
| Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free | | |
| 1 cup | | 2.3 |
| 1 tablespoon | | 0.2 |
| 1 packet | | 0.4 |
| Salad dressing, low calorie, oil-free | | |
| 1 cup | | 0.1 |
| 1 tablespoon | | 0 |