Middle - High Condiments

Condiment:	Total Carbs:	Size	
BBQ Sauce, IPP cup	9.9	1 IPP cup	
Dressing, Caesar, IPP cup	3	1 IPP cup	
Dressing, Golden Italian, IPP packet	2.8	1 packet	
Dressing, Honey French, IPP cup	5	1 IPP cup	
Dressing, Honey Mustard, IPP cup	9	1 IPP cup	
Dressing, Ranch, IPP packet	1	1 packet	
Dressing, Ranch, IPP cup	2	1 IPP cup	
Dressing, Thousand Island, IPP cup	4	1 IPP cup	
Hot Sauce, IPP packet	0	1 packet	
Jelly, Grape Squeeze packet	9	1 packet	
Ketchup, IPP packet	3	1 packet	
Margarine, IPP cup	1	1 IPP cup	
Marinara Sauce Cup	3	1 IPP cup	
Mayonnaise, IPP packet	1	1 packet	
Mustard, IPP packet	0	1 packet	
Pepper, IPP packet	0.06	1 packet	
Pickles, Dill	0.34	2 slices	
Salt, IPP packet	0	1 packet	
Sour Cream, IPP packet	2	1 packet	
Syrup, Maple flavored	27	1 each	
Taco Sauce, IPP packet	1	1 packet	