Calorie chart: condiments and sauces (PDF)

Calories, protein, carbohydrate and fat for 178 foods, per serving and per 100 g.

Updated October 2026

Food	Per serving		Per 100 g			
	Serving	Calories	Calories	Protein (g)	Carbs (g)	Fat (g)
Alfredo Sauce Mix	100 g	535	**535**	15.3	36.5	36.4
Apple Butter	1 tbsp (17 g)	29	**173**	0.4	42.5	0.3
Apricot Jam	1 tbsp (20 g)	48	**242**	0.7	64.4	0.2
Au Jus Gravy Mix	1 tsp (3 g)	9	**313**	9.2	47.5	9.6
Bacon and Tomato Dressing	1 tbsp (15 g)	49	**326**	1.8	2	35
Barbecue Sauce	1 tbsp (17 g)	29	**172**	0.8	40.8	0.6
Bean Dip	2 tbsp (36 g)	43	**119**	5.4	15.9	3.7
Beef Gravy	1 cup (233 g)	123	**53**	3.8	4.8	2.4
Blue Cheese Dressing	1 tbsp (15 g)	73	**484**	1.4	4.8	51.1
Brown Gravy Mix	1 tbsp (6 g)	22	**367**	10.7	59.4	9.6
Buitoni Basil Pesto	1/4 cup (63 g)	263	**418**	9.8	10.1	37.6
Bull's-Eye Original Barbecue Sauce	1 tbsp (16 g)	27	**170**	0.9	40	0.7
Caesar Dressing	1 serving (2 tbsp) (30 g)	163	**542**	2.2	3.3	57.9
Campbell's Chicken Gravy	1 cup (226 g)	115	**51**	0.8	5.9	2.7
Canned Au Jus Gravy	1/4 cup (59 g)	9	**16**	1.2	2.5	0.2
Canned Green Chili Pepper Sauce	1 tbsp (15 g)	3	**20**	0.7	5	0.1
Canned Mushroom Gravy	1 cup (238 g)	119	**50**	1.3	5.5	2.7
Canned Red Chili Pepper Sauce	1 tbsp (15 g)	3	**21**	0.9	3.9	0.6
Capers	1 tbsp, drained (8.6 g)	2	**23**	2.4	4.9	0.9
Cha! by Texas Pete Sriracha	1 tsp (6.9 g)	7	**108**	2	22.7	1
Cheese Sauce	2 tbsp (30 g)	59	**197**	10.3	5.5	14.9
Cheese Sauce Mix	100 g	438	**438**	7.7	60.5	18.3
Chicken Gravy	1/4 cup (57 g)	27	**48**	0.7	5.3	2.6
Chicken Gravy Mix	1 tbsp (8 g)	30	**381**	11.3	62.1	9.7
Cholesterol-Free Creamy Dressing	1 tbsp (15 g)	21	**140**	1	16	8
Cholesterol-Free Mayonnaise Dressing	1 tbsp (15 g)	103	**688**	0	0.3	77.8
Classico Basil Pesto	1/4 cup (62 g)	231	**372**	4.2	6.9	36.4
Cocktail Sauce	1/4 cup (60 g)	77	**128**	1.4	28.2	1.1
Coleslaw Dressing	1 tbsp (19 g)	77	**404**	0.9	22.4	34.5
Cooking Wine	1 tsp (4.9 g)	2	**50**	0.5	6.3	0
Cranberry Sauce	1 slice (1/2" thick, approx 8 slices per can) (57 g)	91	**159**	0.9	40.4	0.2
Cranberry-Orange Relish	1 cup (275 g)	490	**178**	0.3	46.2	0.1
Creamy Poppyseed Dressing	2 tbsp (33 g)	132	**399**	0.9	23.7	33.3
Dill Pickles	1 spear, small (35 g)	4	**12**	0.5	2.4	0.3
Dill Pickles Reduced Sodium	1 cup, chopped or diced (143 g)	17	**12**	0.5	2.4	0.3
Dry Gravy Mix	1 cup (8 fl oz) (25 g)	86	**344**	13	58	8
Duck Sauce	2 Tbsp (33 g)	81	**245**	0.4	60.7	0.1
Enchilada Sauce	1/4 cup (56 g)	17	**30**	0.6	4.9	0.9

Food	Per serving		Per 100 g			
	Serving	Calories	Calories	Protein (g)	Carbs (g)	Fat (g)
Fat Free Blue Cheese Dressing	1 tbsp (17 g)	20	**115**	1.5	25.6	1
Fat Free Caesar Dressing	2 tbsp (1 NLEA serving) (34 g)	45	**131**	1.5	30.7	0.2
Fat Free Creamy Dressing	1 tbsp (17 g)	18	**107**	1.4	20	2.7
Fat Free French Dressing	1 cup (256 g)	338	**132**	0.2	32.1	0.3
Fat Free Honey Mustard Dressing	2 tbsp (1 NLEA serving) (30 g)	51	**169**	1.1	38.4	1.5
Fat Free Italian Dressing	1 tbsp (14 g)	7	**47**	1	8.8	0.9
Fat Free Mayonnaise-Like Dressing	1 tbsp (16 g)	13	**84**	0.2	15.5	2.7
Fat Free Ranch Dressing	1 tablespoon (14 g)	17	**119**	0.3	26.5	1.9
Fat Free Thousand Island Dressing	1 tbsp (16 g)	21	**132**	0.6	29.3	1.5
Fish Sauce	1 tbsp (18 g)	6	**35**	5.1	3.6	0
French Dressing	1 tbsp (16 g)	67	**419**	0.9	18.8	39.1
Fritos Bean Dip	2 tbsp (36 g)	43	**119**	5.4	15.9	3.7
Green Goddess Dressing	1 tbsp (15 g)	64	**427**	1.9	7.4	43.3
Hamburger Pickle Relish	1 tbsp (15 g)	19	**129**	0.6	34.5	0.5
Heinz Home Style Beef Gravy	1 serving 1/4 cup 2 oz (57 g)	22	**39**	1.1	6.2	1.1
Heinz Home Style Chicken Gravy	1 cup (230 g)	106	**46**	0.7	5	2.6
Hoisin Sauce	1 tbsp (16 g)	35	**220**	3.3	44.1	3.4
Homemade Cottonseed Oil French Dressing	1 cup (220 g)	1388	**631**	0.1	3.4	70.2
Homemade French Dressing	1 cup (220 g)	1388	**631**	0.1	3.4	70.2
Homemade Reduced Sugar Jelly	1 tbsp (19 g)	34	**179**	0.3	46.1	0
Homemade Sweet and Sour Sauce	100 g	79	**79**	1.8	16.7	0.6
Homemade Thick White Sauce	1 cup (250 g)	465	**186**	4	11.6	13.8
Homemade Thin White Sauce with Butter	100 g	72	**72**	4	8.3	2.6
Honey Mustard	2 tbsp (30 g)	139	**464**	0.9	23.3	40.8
Horseradish Sauce	1 tsp (5.6 g)	28	**503**	1.1	10.1	50.9
Hot Dog Pickle Relish	1 tbsp (15 g)	14	**91**	1.5	23.4	0.5
Hot Sauce	1 tsp (4.7 g)	1	**11**	0.5	1.8	0.4
Imitation Mayonnaise with Milk Cream	1 cup (240 g)	233	**97**	2.1	11.1	5.1
Imitation Soybean Mayonnaise	1 tbsp (15 g)	35	**232**	0.3	16	19.2
Imitation Soybean Mayonnaise No Cholesterol	1 cup (225 g)	1085	**482**	0.1	15.8	47.7
Instant Beef Gravy Mix	1 serving (6.7 g)	25	**369**	9.8	61.1	9.5
Instant Brown Gravy Mix	1 serving (6.7 g)	25	**380**	8.5	59.8	11.9
Instant Turkey Gravy Mix	1 serving (6.7 g)	27	**409**	11.7	57.6	14.7
Italian Dressing	1 tbsp (14.7 g)	35	**240**	0.4	12.1	21.1
Jam	1 tbsp (20 g)	56	**278**	0.4	68.9	0.1
Jam Sweetened with Fruit Juice	1 tablespoon (19 g)	40	**212**	0	52.9	0
Jelly	1 serving 1 tbsp (21 g)	56	**266**	0.2	70	0
KC Masterpiece Original Barbecue Sauce	1 tbsp (18 g)	29	**160**	1	37.9	0.5
Ketchup	1 tbsp (17 g)	17	**101**	1	27.4	0.1

Food	Per serving		Per 100 g			
	Serving	Calories	Calories	Protein (g)	Carbs (g)	Fat (g)
Ketchup Low Sodium	1 tbsp (17 g)	17	**101**	1	27.4	0.1
Kraft Mayo Fat Free Mayonnaise Dressing	1 tbsp (16 g)	10	**64**	0.2	15.8	0
Kraft Mayo Light Mayonnaise	1 tbsp (15 g)	50	**334**	0.6	8.5	32.9
Kraft Miracle Whip Free Nonfat Dressing	1 tbsp (16 g)	13	**84**	0.2	15.5	2.7
Kraft Original Barbecue Sauce	1 tbsp (16 g)	28	**172**	0.7	40.8	0.6
Light Blue Cheese Dressing	1 tbsp (16 g)	14	**86**	2.1	13.2	2.7
Light Buttermilk Dressing	1 serving (2 tbsp) (30 g)	61	**202**	1.3	21.3	12.4
Light Italian Dressing	1 tablespoon (15 g)	15	**102**	0.4	10	6.7
Light Mayonnaise	1 tablespoon (15 g)	36	**238**	0.4	9.2	22.2
Light Mayonnaise-Type Dressing	100 g	158	**158**	0.7	16.4	10
Light Ranch Dressing	1 serving (2 tbsp) (30 g)	59	**196**	1.3	21.3	12.4
Low Calorie Blue Cheese Dressing	1 tbsp (15 g)	15	**99**	5.1	2.9	7.2
Low Calorie Caesar Dressing	1 tbsp (15 g)	17	**110**	0.3	18.6	4.4
Low Calorie Mayonnaise	1 tbsp (14.5 g)	38	**263**	0.9	23.9	19
Low Calorie Russian Dressing	1 cup (260 g)	367	**141**	0.5	27.6	4
Low Sodium Low Calorie Mayonnaise	1 tbsp (14 g)	32	**231**	0.3	16	19.2
Low Sodium Marinara Sauce	1 serving 1/2 cup (128 g)	65	**51**	1.4	8.1	1.5
Low Sodium Meat or Poultry Gravy	1 cup (236 g)	125	**53**	3.8	6.2	2.4
Low Sodium Soy Sauce	1 tbsp (14.2 g)	8	**57**	9.1	5.6	0.3
Marinara Sauce	1 serving 1/2 cup (132 g)	66	**50**	1.4	7.4	1.6
Mayonnaise	1 tbsp (13.8 g)	94	**680**	1	0.6	74.9
Mezzetta Napa Valley Bistro Basil Pesto	1/4 cup (60 g)	298	**496**	6.7	5.1	49.9
Mushroom Gravy Mix	1 cup (8 fl oz) (21 g)	69	**328**	10	64.7	4
Ocean Spray Jellied Cranberry Sauce	1/4 cup (70 g)	112	**160**	1.1	40.6	0
Ocean Spray Whole Cranberry Sauce	1/4 cup (70 g)	111	**158**	0.8	40.4	0.1
Olive Oil Mayonnaise	1 tbsp (15 g)	54	**361**	0.4	0	40
Onion Gravy Mix	1 cup (8 fl oz) (24 g)	77	**322**	9	67.6	3
Open Pit Original Barbecue Sauce	1 tbsp (17 g)	22	**132**	0.4	29.5	1.4
Orange Marmalade	1 tbsp (20 g)	49	**246**	0.3	66.3	0
Oyster Sauce	1 tbsp (18 g)	9	**51**	1.4	10.9	0.3
Peanut Sauce with Coconut	1 tbsp (17 g)	30	**179**	2	28.5	6.3
Peanut Sauce with Soy Sauce	1 tbsp (18 g)	46	**257**	6.3	22	16
Peppercorn Dressing	1 tbsp (13.4 g)	76	**564**	1.2	3.5	61.4
Pesto	1/4 cup (63 g)	263	**418**	9.8	10.1	37.6
Pickled Ginger Artificially Sweetened	2 tablespoon (25 g)	5	**20**	0.3	4.8	0.1
Pizza Sauce	1/4 cup (63 g)	34	**54**	2.2	8.7	1.2
Plum Sauce	1 tbsp (19 g)	35	**184**	0.9	42.8	1
Pork Gravy Mix	1 serving (6.7 g)	25	**367**	8.8	63.6	8.6

Food	Per serving		Per 100 g			
	Serving	Calories	Calories	Protein (g)	Carbs (g)	Fat (g)
Prepared Horseradish	1 tbsp (15 g)	7	**48**	1.2	11.3	0.7
Queso Dip	2 tbsp (30 g)	43	**143**	3.1	11.1	9.5
Ranch Dressing	1 serving (30 g)	129	**430**	1.3	5.9	44.5
Ready-to-Serve Cheese Sauce	1/4 cup (63 g)	110	**174**	6.7	6.8	13.3
Reduced Calorie Cholesterol-Free Mayonnaise	1 tbsp (14.6 g)	49	**333**	0.9	6.7	33.3
Reduced Calorie Creamy Dressing	1 tbsp (15 g)	24	**160**	1.5	7	14
Reduced Calorie French Dressing	1 tbsp (16 g)	36	**227**	0.4	27	13
Reduced Calorie Honey Mustard Dressing	2 tbsp (1 serving) (30 g)	62	**207**	1	28.3	10
Reduced Calorie Italian Dressing	1 tbsp (14 g)	28	**200**	0.3	6.7	20
Reduced Fat Coleslaw Dressing	1 tbsp (17 g)	56	**329**	0	40	20
Reduced Fat French Dressing	1 serving (2 tbsp) (30 g)	67	**222**	0.6	31.2	11.5
Reduced Fat Thousand Island Dressing	1 serving (2 tbsp) (15 g)	29	**195**	0.8	24.1	11.3
Reduced Sodium Teriyaki Sauce	2 Tbsp (36 g)	32	**89**	5.9	15.6	0
Reduced Sugar Jam	1 tablespoon (17 g)	26	**151**	0	37.6	0.1
Russian Dressing	1 tbsp (15 g)	53	**355**	0.7	31.9	26.2
Salsa	2 tbsp (36 g)	10	**29**	1.5	6.6	0.2
Salsa Verde	2 Tbsp (30 g)	11	**38**	1.1	6.4	0.9
Sandwich Spread with Chopped Pickle	1 cup (245 g)	953	**389**	0.9	22.4	34
Sesame Seed Dressing	1 cup (245 g)	1085	**443**	3.1	8.6	45.2
Shelf Stable Pesto	1/4 cup (61 g)	260	**426**	5	6.1	42.4
Smart Balance Omega Plus Light Mayonnaise	1 tbsp (1 NLEA serving) (14 g)	47	**333**	1.5	9.4	34.2
Sofrito	1/2 cup (103 g)	244	**237**	12.8	5.5	18.2
Sour Pickles	1 medium (3-3/4" long) (65 g)	7	**11**	0.3	2.3	0.2
Sour Pickles Low Sodium	1 medium (3-3/4" long) (65 g)	7	**11**	0.3	2.3	0.2
Soy Sauce	1 tbsp (16 g)	8	**53**	8.1	4.9	0.6
Soy Sauce Hydrolyzed Protein Reduced Sodium	1 tbsp (15 g)	14	**90**	8.2	14.4	0.3
Soy Sauce Hydrolyzed Vegetable Protein	1 tbsp (18 g)	11	**60**	7	7.8	0.5
Soybean and Safflower Oil Mayonnaise	1 cup (220 g)	1577	**717**	1.1	2.7	79.4
Spray Salad Dressing	1 serving (approximately 10 sprays) (8 g)	13	**165**	0.2	16.6	10.8
Sriracha	1 tsp (6.5 g)	6	**93**	1.9	19.2	0.9
Steak Sauce	2 Tbsp (34 g)	32	**95**	1.3	22	0.2
Sugar-Free Jam with Saccharin	1 tbsp (14 g)	18	**132**	0.3	53.4	0.3
Sugar-Free Jelly with Saccharin	1 tbsp (19 g)	23	**121**	0.6	29.6	0
Sweet and Sour Dressing	1 tbsp (16 g)	2	**15**	0.1	3.7	0
Sweet and Sour Sauce	2 Tbsp (35 g)	54	**154**	0.3	38.2	0
Sweet Baby Ray's Original Barbecue Sauce	1 tbsp (18 g)	35	**192**	1	46.1	0.4
Sweet Chowchow Pickles	1 cup (245 g)	296	**121**	1.5	26.6	0.9

Food	Per serving		Per 100 g			
	Serving	Calories	Calories	Protein (g)	Carbs (g)	Fat (g)
Sweet Pickles	1 chip (7.5 g)	7	**91**	0.6	21.2	0.4
Sweet Pickles Low Sodium	1 medium (35 g)	43	**122**	0.4	33.7	0.3
Sweet Relish	1 tbsp (15 g)	20	**130**	0.4	35.1	0.5
Tabasco Pepper Sauce	1 tsp (4.7 g)	1	**12**	1.3	0.8	0.8
Tamari	1 tbsp (18 g)	11	**60**	10.5	5.6	0.1
Tartar Sauce	2 tablespoons (30 g)	63	**211**	1	13.3	16.7
Teriyaki Sauce	1 tbsp (18 g)	16	**89**	5.9	15.6	0
Thousand Island Dressing	1 serving (2 tbsp) (30 g)	114	**379**	1.1	14.6	35.1
Tofu Mayonnaise	1 tbsp (15 g)	48	**322**	6	3.1	31.8
Tomato Chili Sauce	1 cup (273 g)	251	**92**	2.5	19.8	0.3
Tostitos Salsa con Queso	2 tbsp (30 g)	40	**133**	2.9	11.7	8.3
Tuong Ot Sriracha Hot Chili Sauce	1 tsp (6.2 g)	5	**79**	1.9	15.9	0.9
Turkey Gravy	1 tbsp (14.9 g)	8	**51**	2.6	5.1	2.1
Turkey Gravy Mix	1 serving (7 g)	26	**367**	10.4	65.1	7.2
Unsalted French Dressing	1 tablespoon (15 g)	69	**459**	0.8	15.6	44.8
Unsalted Italian Dressing	1 cup (235 g)	686	**292**	0.4	10.4	28.4
Unsalted Reduced Fat French Dressing	1 cup (260 g)	606	**233**	0.6	29.3	13.5
Unsalted Reduced Fat Italian Dressing	1 cup (240 g)	182	**76**	0.5	4.6	6.4
Unsalted Soybean Oil Mayonnaise	1 cup (220 g)	1577	**717**	1.1	2.7	79.4
Vinaigrette	1 tablespoon (16 g)	72	**449**	0	2.5	50.1
Wasabi	1 tablespoon (20 g)	58	**292**	2.2	46.1	10.9
Whipped Salad Dressing	1 tbsp (14.7 g)	37	**250**	0.7	14.8	21.6
White Sauce	1/2 cup (125 g)	184	**147**	3.8	9.2	10.6
Worcestershire Sauce	1 tbsp (17 g)	13	**77**	0	19.2	0
Yeast Extract Spread	1 tsp (6 g)	11	**185**	23.9	20.4	0.9
Yellow Mustard	1 tsp or 1 packet (5 g)	3	**60**	3.7	5.8	3.3

Source: USDA FoodData Central, SR Legacy and FNDDS (public domain). Per-100 g values are USDA figures; serving values are scaled by weight. Interactive tables and Nutrition Facts labels: https://nutritionfactlabel.com/nutrition-database/condiments-and-sauces/