



A Nutrition Resource



PASTA CHICKEN SALAD

Yield: 6 Servings | Serving Size: 1 1/4 cup

Cost/serving: \$0.90

Ingredients:

- 3 cups cooked whole wheat pasta
- 1 1/2 cups cooked, chopped chicken or other meat
- 1/2 cup chopped onion
- 1 cup diced celery
- 1 cup frozen peas or fresh broccoli florets
- 3/4 cup low-fat salad dressing

Directions:

- 1) In a large bowl, mix together pasta, meat, and vegetables.
- 2) Add dressing and mix to coat all ingredients. Chill before serving.

Note: Frozen peas will thaw while the salad is chilling.



Nutrition Facts

6 servings per container
Serving size 1 1/4 cup (193g)

Amount per serving
Calories 230

% Daily Value*

Total Fat 6g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 430mg	19%
Total Carbohydrate 29g	11%
Dietary Fiber 2g	7%
Total Sugars 5g	
Includes 0g Added Sugars	0%

Protein 15g

Vitamin D 0mcg	0%
Calcium 51mg	4%
Iron 2mg	10%
Potassium 204mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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