



WESTERN WISCONSIN HEALTH

JANETTE'S POPPY SEED SALAD

- 1 box bow-tie pasta
- 2 jars Marzetti's poppy seed dressing
- 1 large can chicken
- 1 pkg. raisins
- 3/4 C. chopped celery
- 2 small pkgs. slivered almonds
- 3/4 C. shredded Parmesan cheese

Nutrition Facts

Serving Size (49g)
Servings Per Container

Amount Per Serving

Calories 160 **Calories from Fat** 60

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 160mg **7%**

Total Carbohydrate 19g **6%**

Dietary Fiber 1g **4%**

Sugars 8g

Protein 5g

Vitamin A 0% • Vitamin C 0%

Calcium 4% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Cook bow-tie pasta according to package instructions, drain and rinse with cold water. Add remaining ingredients. Chill 2 hours before serving.

NUTRITION FACTS: Serving size: 1/2 cup per serving, 32 servings