

Yummy Fiesta Macaroni Salad

Paula Macri - Gattuso's Bella Cucina
Scripps Treasure Coast Newspapers

3/4 cup salad dressing
1 teaspoon salt
1/2 teaspoon basil
1 1/2 teaspoons fresh parsley,
snipped
8 ounces pasta, cooked and drained
1 cup celery, diced
2 tablespoons green peppers, diced
2 tablespoons green onions, sliced
2 fresh tomatoes, diced
pimientos (for garnish) (optional)

In a large bowl, mix together the salad dressing,
salt, basil and parsley.

Add the pasta, celery, peppers, green onions
and tomatoes. Mix gently.

Top with pimientos, if desired.

Cover and place in refrigerator until well chilled.

Per Serving (excluding unknown
items): 924 Calories; 5g Fat (4.5%
calories from fat); 32g Protein;
188g Carbohydrate; 11g Dietary
Fiber; 0mg Cholesterol; 2278mg
Sodium. Exchanges: 11 1/2
Grain(Starch); 3 1/2 Vegetable; 0
Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	924
% Calories from Fat:	4.5%
% Calories from Carbohydrates:	81.4%
% Calories from Protein:	14.1%
Total Fat (g):	5g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	0mg
Carbohydrate (g):	188g
Dietary Fiber (g):	11g
Protein (g):	32g
Sodium (mg):	2278mg

Vitamin B6 (mg):	.6mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	2.5mg
Riboflavin B2 (mg):	1.1mg
Folacin (mcg):	128mcg
Niacin (mg):	19mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	11 1/2
Lean Meat:	0
Vegetable:	3 1/2

Potassium (mg): 1360mg
Calcium (mg): 144mg
Iron (mg): 11mg
Zinc (mg): 3mg
Vitamin C (mg): 77mg
Vitamin A (i.u.): 2025IU
Vitamin A (r.e.): 201 1/2RE

Fruit: 0
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 924 Calories from Fat: 42

% Daily Values*

Total Fat	5g		7%
	Saturated Fat	1g	3%
Cholesterol	0mg		0%
Sodium	2278mg		95%
Total Carbohydrates	188g		63%
	Dietary Fiber	11g	45%
Protein	32g		
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Vitamin A			41%
Vitamin C			129%
Calcium			14%
Iron			61%

** Percent Daily Values are based on a 2000 calorie diet.*