

Philadelphia Summer Potato Salad

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Servings: 22

Yield: 22 1/2 cup servings

3 pounds baby red potatoes, quartered

1/2 cup water

1/4 cup zesty Italian dressing

1 tub (10 ounce) Philadelphia

reduced-fat Italian Cheese & Herb

Cooking Creme

1/4 cup Kraft Parmesan cheese,

shredded

1 1/2 cups cherry tomatoes, halved

2 stalks celery, sliced

Preparation Time: 30 minutes

Place the potatoes in a two-quart microwaveable dish.

Add water. Cover.

Microwave on HIGH for 12 to 15 minutes or until tender. Drain.

Place in a large bowl. Toss with the dressing.

Refrigerate for one hour until cooled.

Add the Parmesan cheese, tomatoes and celery. Mix.

Start to Finish Time: 1 hour 30 minutes

Per Serving (excluding unknown items): 3 Calories; trace Fat (9.9% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 4mg Sodium. Exchanges: 0 Vegetable.

Side Dish

Per Serving Nutritional Analysis

Calories (kcal):	3
% Calories from Fat:	9.9%
% Calories from Carbohydrates:	76.1%
% Calories from Protein:	14.1%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
	0mg

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	3mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value:	0.00%

Cholesterol (mg):
 Carbohydrate (g): 1g
 Dietary Fiber (g): trace
 Protein (g): trace
 Sodium (mg): 4mg
 Potassium (mg): 33mg
 Calcium (mg): 2mg
 Iron (mg): trace
 Zinc (mg): trace
 Vitamin C (mg): 2mg
 Vitamin A (i.u.): 69IU
 Vitamin A (r.e.): 7RE

Food Exchanges

Grain (Starch): 0
 Lean Meat: 0
 Vegetable: 0
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 0
 Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 22

Amount Per Serving

Calories 3 Calories from Fat: 0

% Daily Values*

Total Fat trace 0%
 Saturated Fat trace 0%
Cholesterol 0mg 0%
Sodium 4mg 0%
Total Carbohydrates 1g 0%
 Dietary Fiber trace 1%
Protein trace

Vitamin A 1%
Vitamin C 4%
Calcium 0%
Iron 0%

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