

# Pistachio Salad

*Sara F Patterson, Nancy F Holley & Cleo F Long  
Three Sisters Cookbook - Alexander City, AL*

*1 box instant pistachio pudding and  
pie filling  
1 can (20 ounce) crushed pineapple  
1/2 cup miniature marshmallows  
1/2 cup chopped nuts  
1 carton (4-1/2 ounce) Cool Whip  
Lite®*

In a bowl, pour the dry pudding mix over the  
undrained pineapple and mix.

Add the marshmallows and nuts.

Slowly fold in the Cool Whip.

Refrigerate for three to four hours or overnight.

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Per Serving (excluding unknown  
items): 651 Calories; 41g Fat  
(52.7% calories from fat); 13g  
Protein; 69g Carbohydrate; 9g  
Dietary Fiber; 0mg Cholesterol;  
21mg Sodium. Exchanges: 1  
Grain(Starch); 1 1/2 Lean Meat; 2  
1/2 Fruit; 7 Fat; 1 Other  
Carbohydrates.

Salads

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	651
<b>% Calories from Fat:</b>	52.7%
<b>% Calories from Carbohydrates:</b>	39.7%
<b>% Calories from Protein:</b>	7.6%
<b>Total Fat (g):</b>	41g
<b>Saturated Fat (g):</b>	6g
<b>Monounsaturated Fat (g):</b>	23g
<b>Polyunsaturated Fat (g):</b>	10g
<b>Cholesterol (mg):</b>	0mg
<b>Carbohydrate (g):</b>	69g
<b>Dietary Fiber (g):</b>	9g
<b>Protein (g):</b>	13g
<b>Sodium (mg):</b>	21mg
<b>Potassium (mg):</b>	722mg
<b>Calcium (mg):</b>	115mg

<b>Vitamin B6 (mg):</b>	.4mg
<b>Vitamin B12 (mcg):</b>	0mcg
<b>Thiamin B1 (mg):</b>	.6mg
<b>Riboflavin B2 (mg):</b>	.2mg
<b>Folacin (mcg):</b>	71mcg
<b>Niacin (mg):</b>	4mg
<b>Caffeine (mg):</b>	0mg
<b>Alcohol (kcal):</b>	0
<b>% Refuse:</b>	n n%

## Food Exchanges

<b>Grain (Starch):</b>	1
<b>Lean Meat:</b>	1 1/2
<b>Vegetable:</b>	0
<b>Fruit:</b>	2 1/2
<b>Non-Fat Milk:</b>	0

Iron (mg): 3mg  
Zinc (mg): 4mg  
Vitamin C (mg): 24mg  
Vitamin A (i.u.): 126IU  
Vitamin A (r.e.): 16RE

Fat: 7  
Other Carbohydrates: 1

## Nutrition Facts

### Amount Per Serving

Calories 651      Calories from Fat: 343

### % Daily Values\*

<b>Total Fat</b>	41g	63%
Saturated Fat	6g	31%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	21mg	1%
<b>Total Carbohydrates</b>	69g	23%
Dietary Fiber	9g	35%
<b>Protein</b>	13g	
<b>Vitamin A</b>		3%
<b>Vitamin C</b>		40%
<b>Calcium</b>		11%
<b>Iron</b>		17%

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