

Pasta Salad Primavera Italian Dressing

Lancer Management

Author

Categories

Tools

Locations

Plate/Store

Yield 1 servings

Portion 8 oz

Num Portions 1

Prep

Cook

Finish

Shelf

Nutrition Facts

Serving Size 8 oz (227g)

Servings Per Container 1

Amount Per Serving

Calories 204 Calories From Fat 94

% Daily Value

Total Fat 10g 16%

Saturated Fat 2g 7%

Cholesterol 21mg 7%

Sodium 290mg 12%

Total Carbohydrates 25g 8%

Dietary Fiber 4g 16%

Protein 5g

Vitamin A 103% Vitamin C 76%

Calcium 5% Iron 14%

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

Nutrition Descriptors

High in Vitamin A

High in Vitamin C

Good Source of Potassium

Good Source of Iron

Good Source of Fiber

Good Source of Protein