



Salmon Pasta Salad

Number of Servings: 2
Calories Per Serving: 379
PCF Ratio: 24-29-47

Single Serving Comment: About one cup

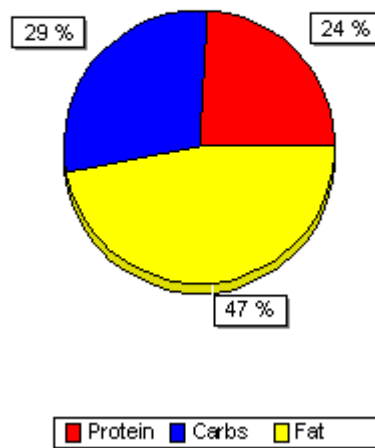
Cooking Instructions

Ingredients:

- 1 Sweet Green Pepper
 - 1/2 cup raw Celery
 - 1/2 cup raw Onion
 - 50g raw Spaghetti
 - 180g canned Pink Salmon
 - 2 tbsp Olive Oil
 - 2 tsp Lemon Juice
- (serves 2)

Cook pasta according to package directions. Combine pasta, salmon, peppers, celery and onion in a bowl. Combine olive oil and lemon juice. Pour lemon olive oil dressing over salad, toss and serve.

24-29-47 Ratio



Nutrition Information

Serving Size: About one cup (271g)
 Servings: 1

Amount Per Serving

Calories 380 **Calories from Fat** 180

% Daily Value*

Total Fat 20g **30%**

Saturated Fat 4g **17%**

Cholesterol 50mg **17%**

Sodium 550mg **23%**

Total Carbohydrate 28g **9%**

Dietary Fiber 3g **11%**

Sugars 4 g

Protein 23 g

Vitamin A 8% ■ Vitamin C 90%

Calcium 25% ■ Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet

Recipe Ingredients:

Name	Description	Serving Size	Gram Wt.	Calories (kcal)	Protein (g)	Carbs (g)	Sugars (g)	Glucose (g)	Fructose (g)	Galactose (g)	Sucrose (g)
GREEN PEPPER, SWEET, RAW (BELL)	2.75" long, 2.5" dia	0.90	107	21.4	.9	5	2.6	1.2	1.2		.1
CELERY, RAW		0.60 cup	61	8.5	.4	1.8	1.1	.3	.3	.4	.1
ONION, RAW	chopped	0.45 cup	72	30.2	.7	7.3	3.1	1.4	.8		.8
SPAGHETTI PASTA, DRY, ENRICHED		1.80 oz	51	190.3	6.7	38.3	.9				
SALMON, PINK, CANNED	solids w/bone & liquid	6.60 oz	187	259.9	37						
OLIVE OIL	salad or cooking	2 tbsp	27	238.7							

Salmon Pasta Salad (continued)

LEMON JUICE, RAW	0.15 cup	37	9.2	.1	3.2	.9								
Recipe Total:		542	758.2	45.8	55.5	8.5	3	2.3	.4	1				
Single Serving Total:		162	379.1	22.9	27.8	4.3	1.5	1.2	.2	.5				

Name	Lactose (g)	Maltose (g)	Dietary Fiber (g)	Fat (g)	Sat fat (g)	Omega-3 (g)	Omega-6 (g)	Cholest (mg)	Alcohol (g)(mcg_RAE)	Vit-A (IU)	Vit-A IU	Thiamin (mg)	Ribofla- vin (mg)	Niacin (mg)
GREEN PEPPER, SWEET, RAW (BELL)			1.8	.2	.1		.1			19.3	396.3	.1	.0	.5
CELERY, RAW			1	.1	.0		.0			13.3	272.1	.0	.0	.2
ONION, RAW			1	.1	.0					1.4		.0	.0	.1
SPAGHETTI PASTA, DRY, ENRICHED			1.6	.8	.1	.0	.3					.5	.2	3.7
SALMON, PINK, CANNED				11.3	2.9	3.2	.3	102.8		31.8	106.6	.0	.3	12.2
OLIVE OIL				27	3.7	.2	2.6							
LEMON JUICE, RAW			.1						.4	7		.0		.0
Recipe Total:			5.6	39.4	6.8	3.4	3.3	102.8	64.8	783.3		.6	.6	16.7
Single Serving Total:			2.8	19.7	3.4	1.7	1.6	51.4	32.4	391.7		.3	.3	8.4

Name	Pantothenic Acid (mg)	Vit B-6 (mg)	Folate (mcg)	Food Folate (mcg)	Folic Acid (mcg)	Folate DFE (mcg DFE)	Vit B-12 (mcg)	Biotin (mcg)	Vit-C (mg)	Vit-D (IU)	Alpha Toco-pherol (mg)	Vit-E IU (IU)	Calcium (mg)	Magnesium (mg)
GREEN PEPPER, SWEET, RAW (BELL)	.1	.2	11.8	11.8		11.8			86.1		.4		10.7	10.7
CELERY, RAW	.1	.0	21.8	21.8		21.8			1.9		.2		24.2	6.7
ONION, RAW	.1	.1	13.7	13.7		13.7			4.6		.0		15.8	7.2
SPAGHETTI PASTA, DRY, ENRICHED	.2	.1	121.6	9.2	112.3	200.6					.1		9.2	27.2
SALMON, PINK, CANNED	1	.6	28.1	28.1		28.1	8.2			1166.9	1.2		398.3	63.6
OLIVE OIL											3.9		.3	
LEMON JUICE, RAW	.0	.0	4.8	4.8		4.8			16.8		.1		2.6	2.2
Recipe Total:		1.6	1	201.7	89.3	112.3	280.7	8.2	109.4	1166.9	5.8		461.2	117.5
Single Serving Total:		.8	.5	100.8	44.7	56.2	140.3	4.1	54.7	583.4	2.9		230.6	58.8

Name	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Chloride (mg)	Chromium (mcg)	Copper (mg)	Fluoride (mg)	Iodine (mcg)	Iron (mg)	Manganese (mg)	Molybdenum (mcg)	Selenium (mcg)	Zinc (mg)
GREEN PEPPER, SWEET, RAW (BELL)	21.4	187.4	3.2			.1			.4	.1			.1
CELERY, RAW	14.5	157.6	48.5			.0			.1	.1		.2	.1

Salmon Pasta Salad (continued)

ONION, RAW	19.4	103.7	2.2			.0			.1	.1		.4	.1	
SPAGHETTI PASTA, DRY, ENRICHED	77	83.1	2.6			.1			1.8	.5		32.4	.6	
SALMON, PINK, CANNED	615.2	609.6	1036			.2			1.6	.0		62.1	1.7	
OLIVE OIL		.3	.5						.2					
LEMON JUICE, RAW	2.2	45.4	.4			.0			.0			.0	.0	
Recipe Total:	749.8	1187	1093.3			.5			4.2	.9		95.1	2.7	
Single Serving Total:	374.9	593.5	546.7			.2			2.1	.4		47.6	1.4	