



Light Italian Dressing

Item # 81985

Product Description:

A traditional Italian with garlic and onion flavor complemented by particulate of sweet red bell peppers, with less fat and fewer calories than regular Italian dressings.



Item UPC:	00070200819856
Case GTIN:	10070200819853
Pack:	60
Size:	1.5 oz.
Shelf Life:	180 Days
Package Format:	Pouch
Storage:	Store in a cool, dry place between 35°F and 80°F. Do Not Freeze.
Servings Per Case:	About 60
Product Preparation:	Ready to use
Additional Pack Sizes:	81905 – 102/1 oz. pouch 80034 – 4/1 gal bottle

Date Last Refreshed: 6/13/14



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INGREDIENTS:

WATER, WHITE WINE VINEGAR, DISTILLED VINEGAR, SALT, SUGAR, SOYBEAN OIL, GARLIC*, XANTHAN GUM, MUSTARD SEED, ONION*, POTASSIUM SORBATE AND SODIUM BENZOATE ADDED AS PRESERVATIVES, SPICE, RED BELL PEPPER*, CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR, YELLOW #5, YELLOW #6. *DEHYDRATED

Nutrition Facts

Serving Size 1.5 oz. (43 g)
Servings Per Container 1

Amount Per Serving

Calories 20 **Calories from Fat** 10

% Daily Value*

Total Fat	1 g	2 %
Saturated Fat	0 g	0 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	720 mg	30 %
Total Carb.	2 g	1 %
Dietary Fiber	0 g	0 %
Sugars	2 g	
Protein	0 g	

o Vitamin A 0 % o Vitamin C 2 % o Calcium 0 % o Iron 0 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Nutrient		2,000 Calories	2,500 Calories
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrates		300g	375g
Fiber		25g	30g

1g Fat = 9 calories – 1g Carbohydrates = 4 calories – 1g Protein = 4 calories

Other Nutrition Information:

- Gluten Free
- 80% Less Calories and 90% Less Fat than Regular Italian Dressing
- Light Italian Dressing: 20 Calories and 1g Fat per Serving/
Regular Italian Dressing: 110 Calories and 10g Fat per Serving



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Recipes

Corn and Tomato Pasta Salad

Recipe Category: Salads

Yields: 13

- 3 lb. bag Marzetti Frozen Pasta[®] Bow Tie - Egg White
- 1 ¼ cup Marzetti[®] Light Italian Dressing
- 5 cups frozen whole kernel corn
- 4 cups diced tomatoes
- ¼ cup refrigerated pesto
- ½ - ¾ shredded parmesan cheese
- Snipped fresh basil

Preparation: Place frozen precooked pasta in large colander. Run hot tap water over top of frozen pasta, then rinse with cold water; drain. Cook corn according to package directions and drain. Let cool slightly. In a large bowl, combine pasta, corn, tomatoes, and parmesan cheese. In a separate container, combine Marzetti Light Italian Dressing and pesto. Shake well and pour over pasta mixture; toss gently to coat. Cover and chill. Sprinkle basil over top before serving.



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Recipes

Broccoli and Bows Pasta Salad

Recipe Category: Salads

- 3 lb. bag Marzetti Frozen Pasta[®] Bow Tie - Egg White
- 1 ½ cups Marzetti[®] Light Italian Dressing
- 1 lb. broccoli slaw mix
- 2 sweet red peppers, cut into short julienne strips
- 2 small or 1 medium yellow squash, cut in half length-wise and sliced
- 1 cup sliced green onion (green tops only)
- 26 ounce jars marinated artichokes, drained
- 1 cup toasted* pine nuts
- ½ cup pesto sauce

Preparation: In a large bowl, combine thawed pasta, broccoli slaw, peppers, squash, green onion tops, and artichokes. Add Marzetti Light Italian Dressing to pasta mixture. Stir gently to combine.

*Place pine nuts on a baking sheet. Bake at 350° F for 5 minutes or until lightly toasted. Stir halfway through baking time.



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Recipes

Classic Pasta Salad

Recipe Category: Salads

Yields: 28

- 3 lb. bag Marzetti Frozen Pasta® Bow Tie - Egg White
- 3 lb. bag Marzetti Frozen Pasta® Rotini - Tri-Color
- 3 cups Marzetti® Light Italian Dressing
- 6 cups halved cherry tomatoes
- 2 medium summer squash
- 2 medium yellow summer squash, quarter lengthwise, sliced
- 2 medium zucchini, quarter lengthwise, sliced
- 2 cups broccoli flowerettes
- 2 cups ½ " cubed cheddar cheese
- 2 cups sliced pitted ripe black olives
- 2 cups chopped green sweet pepper
- 1 cup thinly sliced green onion
- 16 oz. pepperoni and/or salami (sliced into thin strips)

Preparation: Place frozen precooked pasta in large colander. Run hot tap water over top of frozen pasta, and then rinse with cold water. Drain. In an extra-large bowl, combine pasta, vegetables, cheese, olives and meat. Drizzle Marzetti Light Italian Dressing over top and gently toss to coat.



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Recipes

Italian Slaw

Recipe Category: Salads

- 2 cups Marzetti® Light Italian Dressing
- ½ head cabbage, greens thinly sliced
- 1 red bell pepper, julienne
- 1 green bell pepper, julienne
- 1 yellow bell pepper, julienne
- 1 carrot, grated
- ⅔ cup red onion, julienne

Preparation: Toss ingredients together in large bowl. Chill and serve.



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Recipes

Bread Salad

Recipe Category: Salads

- 2 cups Marzetti® Large Cut Garlic & Butter Croutons
- ¾ cup Marzetti® Light Italian Dressing
- 2 cups cucumber, peeled and diced
- ½ cup red bell pepper, diced
- ½ cup green bell pepper, diced
- ½ cup red onion, diced
- ¼ cup black olives
- ¼ cup pepperoncini peppers
- ½ cup tomato, chopped, large diced

Preparation: Combine all ingredients in large bowl. Season with salt and cracked black pepper. Chill and serve.



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Recipes

Veggie Pasta Salad

Recipe Category: Salads

Yields: Makes 16-24 servings.

- 3 lb. bag Marzetti Frozen Pasta® Penne Rigati
- 2 cups Marzetti® Light Italian Dressing
- 2 cups halved cherry tomatoes
- 1 medium yellow summer squash, quarter lengthwise, and then sliced
- 1 medium zucchini, quarter lengthwise, and then slice
- 1 cup broccoli florets
- 1 cup ½-inch cubes cheddar cheese
- ¾ cup chopped green sweet pepper
- ½ cup sliced pitted ripe black olives
- ⅓ cup thinly sliced green onion
- 5 oz. pepperoni and/or salami (sliced into thin strips)

Preparation: In an extra- large bowl, combine thawed pasta, vegetables, cheese, olives, and meat. Drizzle Marzetti Light Italian Dressing over top and gently toss to coat.



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Recipes

Fried Chicken Salad

Recipe Category: Salads

- 1 New York[®] Frozen Hearth-Baked Crispy Breadsticks 8" Regular
- 2 oz. Marzetti[®] Light Italian Dressing
- 6 oz. romaine blend salad mix
- 5 chicken chunks (fried)
- ¼ cup pineapple, chopped
- ¼ cup chow mein noodles
- ¼ cup green onion, diced

Preparation: Place salad mix on plate or in carry out container. Sprinkle chopped pineapple, chow mein noodles and green onion on top. Place fried chicken chunks on top. Serve with Marzetti Light Italian Dressing and New York Breadsticks.



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Recipes

Greek Chicken Salad

Recipe Category: Salads

- 1.5 oz. pkt. Marzetti® Greek Vinaigrette with Olive Oil and Feta Cheese
- 1 New York® Frozen Hearth-Baked Crispy Breadsticks 8" Regular
- ¼ cup Marzetti® Light Italian Dressing
- 6 oz. romaine blend salad mix
- 1 chicken breast
- ¼ cup diced tomato
- 1 oz. Greek feta cheese, grated
- 3 black olives
- 1 pepperoncini

Preparation: Place salad mix on plate or carry out container. Julienne Italian chicken breast into ½ " strips and place on salad mix. Sprinkle diced tomato and feta cheese around chicken breast. Garnish with black olives, Marzetti Light Italian Dressing, and pepperoncini around the outer edge of the salad. Serve with Marzetti Greek Vinaigrette and New York Breadsticks.



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Recipes

Cucumber Boats

Recipe Category: Appetizers

- 3 - 4 packets Marzetti® Light Italian Dressing
- ½ cup diced cucumber
- 2 scallions, chopped
- ¼ cup shredded carrots
- ¼ cup diced red pepper
- 1 tbsp. chopped parsley
- 1 tbsp. chopped fresh basil
- 4 small cucumbers or 2 English cucumbers
- ¼ cup crumbled feta cheese
- 2 tbsp. toasted pine nuts

Preparation: In a mixing bowl, add zucchini, scallions, carrots, peppers, parsley, basil, salt and pepper. Add Marzetti Light Italian Dressing and toss to combine. Cut cucumbers lengthwise (if using English cucumbers, halve lengthwise and then cut each half to make eight pieces total). Scoop out center of each piece using a small spoon to create “boats”. Spoon filling into cucumber boats and drizzle with additional dressing. Top with cheese and nuts. Serve.



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