

BLT Pasta Salad

Servings:	25.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-53974

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ELBOW MACAR 51 WGRAIN	3 1/2 Pound		229941
BACON CKD	1 1/2 Pound	BAKE Fully cooked. Simply heat and serve.	125141
DRESSING RANCH LT	3 1/2 Cup		672802
SPINACH LEAF FLAT CLND	1 1/2 Cup		329401
TOMATO ROMA	3 Cup		184810
CHEESE CHED MLD SHRD 4-5 LOL	2 1/2 Cup	N/A	150250

Preparation Instructions

Boil elbow macaroni and cook according to package directions until al dente.

Drain and rinse with cold water to stop cooking. Chill in refrigerator.

Spread cooked bacon on a baking sheet. Bake at 350°F for 5–7 minutes or until crisp.

Cool slightly, then crumble into bite-size pieces.

Slice tomatoes in half.

In a large mixing bowl, combine all ingredients.

Pour in ranch dressing and toss gently until well coated.

Cover and refrigerate for at least 1 hour before serving.

Portion into ½ cup servings.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	462.71
Fat	20.77g
Saturated Fat	6.81g
Trans Fat	0.00g
Cholesterol	61.60mg
Sodium	916.92mg
Carbohydrates	53.95g
Fiber	4.79g
Total Sugar	5.08g
Added Sugar	1.12g
Protein	20.09g
Vitamin A 347.93mcg RAE	Vitamin C 3.46mg
Calcium 94.76mg	Iron 2.35mg

Nutrition - Per 100g

Calories	408.03
Fat	18.32g
Saturated Fat	6.01g
Trans Fat	0.00g
Cholesterol	54.32mg
Sodium	808.57mg
Carbohydrates	47.57g
Fiber	4.22g
Total Sugar	4.48g
Added Sugar	0.99g
Protein	17.71g
Vitamin A 306.81mcg RAE	Vitamin C 3.05mg
Calcium 83.56mg	Iron 2.07mg