

# Caesar Chicken Pasta

Number of Servings: 1 (143.88 g per serving)

Ingredient	Comments
Pasta	
Chicken, broiler/fryer, breast, w/o skin, raw	
Hellman's Creamy Caesar Dressing	Contains: Egg, Milk, Soy
Water, tap, municipal	
SNC Chicken Base	Contains: Soybean
Onion, green, tops & bulb, fresh, chpd	
Peppers, bell, red, sweet, fresh, chpd	
Cheese, parmesan, grated	

Nutrition Facts	
Serving Size (144g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 250</b>	<b>Calories from Fat 110</b>
% Daily Value*	
<b>Total Fat 12g</b>	<b>18%</b>
Saturated Fat 3g	<b>15%</b>
<b>Cholesterol 35mg</b>	<b>12%</b>
<b>Sodium 390mg</b>	<b>16%</b>
<b>Total Carbohydrate 20g</b>	<b>7%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 1g	
<b>Protein 15g</b>	
Vitamin A 8%	• Vitamin C 25%
Calcium 10%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300 mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9    • Carbohydrate 4    • Protein 4	

Provided by: St. Norbert College Dining Services using ESHA Food Processor 10.1 software

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