

Pistachio Salad

Sara F Patterson, Nancy F Holley & Cleo F Long
Three Sisters Cookbook - Alexander City, AL

1 box instant pistachio pudding and pie filling
 1 can (20 ounce) crushed pineapple
 1/2 cup miniature marshmallows
 1/2 cup chopped nuts
 1 carton (4-1/2 ounce) Cool Whip Lite®

In a bowl, pour the dry pudding mix over the undrained pineapple and mix.

Add the marshmallows and nuts.

Slowly fold in the Cool Whip.

Refrigerate for three to four hours or overnight.

Per Serving (excluding unknown items): 651 Calories; 41g Fat (52.7% calories from fat); 13g Protein; 69g Carbohydrate; 9g Dietary Fiber; 0mg Cholesterol; 21mg Sodium. Exchanges: 1 Grain(Starch); 1 1/2 Lean Meat; 2 1/2 Fruit; 7 Fat; 1 Other Carbohydrates.

Salads

Per Serving Nutritional Analysis

Calories (kcal):	651	Vitamin B6 (mg):	.4mg
% Calories from Fat:	52.7%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	39.7%	Thiamin B1 (mg):	.6mg
% Calories from Protein:	7.6%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	41g	Folacin (mcg):	71mcg
Saturated Fat (g):	6g	Niacin (mg):	4mg
Monounsaturated Fat (g):	23g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	10g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	n n%
Carbohydrate (g):	69g	Food Exchanges	
Dietary Fiber (g):	9g	Grain (Starch):	1
Protein (g):	13g	Lean Meat:	1 1/2
Sodium (mg):	21mg	Vegetable:	0
Potassium (mg):	722mg	Fruit:	2 1/2
Calcium (mg):	115mg	Non-Fat Milk:	0

Iron (mg): 3mg
Zinc (mg): 4mg
Vitamin C (mg): 24mg
Vitamin A (i.u.): 126IU
Vitamin A (r.e.): 16RE

Fat: 7
Other Carbohydrates: 1

Nutrition Facts

Amount Per Serving

Calories 651 **Calories from Fat:** 343

% Daily Values*

Total Fat 41g	63%
Saturated Fat 6g	31%
Cholesterol 0mg	0%
Sodium 21mg	1%
Total Carbohydrates 69g	23%
Dietary Fiber 9g	35%
Protein 13g	
Vitamin A	3%
Vitamin C	40%
Calcium	11%
Iron	17%

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