

Potato Salad

Ingredients

Aproten Ditalini, dry	1/2 cup (50 grams)
Cucumber, peeled, diced	1/4 cup (36 grams)
Celery, diced	1/2 cup (34 grams)
Onion, diced	2 1/2 Tbsp (26 grams)
Mustard, prepared	1 tsp
Red potatoes, boiled, peeled and diced	3/4 cup (130 grams)
Miracle Whip	1/2 cup
Salt and pepper	To taste

Directions

1. Cook Ditalini as directed on package. Drain and rinse in cold water.
2. Combine with all other ingredients.

Yield: 2 1/2 cups

Serving size: 1/2 cup

servings: 5

Nutrition Facts

	Per Recipe	Per 1/2 cup Serving
Calories:	876	175
Total Protein:	3.9 grams	0.8 grams
Phe:	159 mg	32 mg (1 1/2 exchanges)
Leu:	225 mg	45 mg (1 1/2 exchanges)
Met:	61 mg	12 mg
Ile:	150 mg	30 mg