



SUPER CEASAR SALAD

Full of fiber, complex carbs, and protein. This salad will leave you satisfied without the guilt. Great for lunch or dinner.

INGREDIENTS

- 1 cup shredded romaine
- 1 cup of spinach
- 1 cup of kale
- 1 cup of barilla Protein Plus Penne Pasta
- 2 tbsps of caesar dressing

COOKING METHOD

- 1º Add chicken for extra protein

NUTRITIONAL INFORMATION

	PER 100 g	% DRI
ENERGY	163 kcal	8 %
FAT	12 g	18 %
FATTY ACIDS, TOTAL SATURATED	1 g	6 %
CHOLESTEROL	5 mg	2 %
SODIUM	173 mg	7 %
CARBOHYDRATE	19 g	6 %
SUGARS	1 g	—
FIBER	3 g	12 %
PROTEIN	6 g	—