

ZESTY BOWTIE WITH SALAD SHRIMP

This vibrant, Mediterranean-inspired pasta salad combines the bright flavors of zesty vinaigrette with tender, cold-water salad shrimp. The bowtie pasta offers an appealing shape and texture, making it a favorite for both lunch services and light dinners. By utilizing a pre-prepared zesty bowtie salad base, healthcare kitchens can provide a high-protein, sophisticated seafood dish with zero additional prep or cooking time.

Ingredients:

- 4 oz. Salad Shrimp (GFS #753532)
- 6 oz. Gordon Choice Zesty Bowtie Salad (GFS #217811)










Tastefully Balanced Nutritional Info
750mg Sodium or less | 15g protein or more

Nutritional Highlights (per 7 oz. serving)

This profile is an excellent choice for residents who need high-density protein in a smaller, manageable portion:

- **High Protein Ratio:** Provides **18g of protein** in a 310-calorie serving, supporting muscle health with lean seafood.
- **Excellent Iron Source:** Delivers **3.97mg of iron (20% DV)**, which is crucial for energy and cellular function.
- **Controlled Calories:** At **310 calories**, this serves as an ideal portion-controlled meal that doesn't sacrifice flavor.
- **Light & Lean:** Contains only **2g of saturated fat**, making it a heart-friendly seafood alternative.

Product	Description	Code #	Pack Size
 Gordon Choice® Zesty Bowtie Pasta Salad	This ready-to-serve salad with al dente bowtie pasta tossed in a tangy vinaigrette is packed with crisp red peppers, crunchy carrots, and zesty onions. A touch of Romano cheese adds a creamy counterpoint, while a whisper of paprika and chili flakes delivers a subtle, satisfying heat. 	217811	2/5 lb.

LEGEND:  Dairy Free  Gluten Free  Kosher  Vegan  Vegetarian

