

# Italian Pasta Veggie Salad

Yield: 8 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/tomatoes-onion-salt-italian-recipe>

## Ingredients:

- 10 ounces fusilli pasta
- 1 onion chopped
- 1 green bell pepper chopped
- 2 tomatoes chopped
- 1 cup mushrooms chopped
- 3/4 cup dressing fat free Italian-style

## Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 31 grams
3. Fat: 12 grams
4. Fiber: 2 grams
5. Protein: 6 grams
6. SaturatedFat: 2 grams
7. Sodium: 5 milligrams
8. Sugar: 4 grams

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