

# Cold Italian Pasta Salad

Yield: 10 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/easy-recipe-for-cold-italian-pasta-salad>

## Ingredients:

- 1/2 pound whole wheat fusilli pasta
- 1 red pepper large
- 1/2 English cucumber a large
- 1/4 cup red onion thinly sliced
- 3/4 cup green olives pitted ripe
- 3/4 cup artichoke hearts quartered
- 1/2 cup mozzarella pearls
- 1/4 cup olive oil
- 3 tablespoons white wine vinegar
- 3/4 italian seasoning a tablespoon, dried herb mix
- 1 dash garlic powder
- 1 teaspoon salt
- pepper to taste

## Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 22 grams
3. Cholesterol: 5 milligrams
4. Fat: 8 grams
5. Fiber: 4 grams
6. Protein: 6 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 440 milligrams
9. Sugar: 1 grams

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