

# Italian Spaghetti Salad

Yield: 3 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/wish-bone-balsamic-italian-vinaigrette-cucumber-salad-recipe>

## Ingredients:

- 1 box spaghetti Cappello's
- 1 cup cucumber chopped
- 1/2 cup red bell pepper chopped
- 1/2 cup yellow bell pepper chopped
- 1/3 cup red onion sliced
- 2/3 cup sliced black olives
- 1/4 cup chopped parsley finely
- 1/4 cup grated Parmesan cheese
- 3/4 cup italian vinaigrette such as Primal Kitchen
- salt
- freshly ground black pepper

## Nutrition:

1. Calories: 770 calories
2. Carbohydrate: 114 grams
3. Cholesterol: 5 milligrams
4. Fat: 25 grams
5. Fiber: 6 grams
6. Protein: 22 grams
7. SaturatedFat: 4 grams
8. Sodium: 1630 milligrams
9. Sugar: 11 grams

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