

# Linguine Salad

Yield: 4 min  
Total Time: 18 min

Recipe from: <https://www.recipeschoose.com/recipes/linguine-parmesan-italian-dressing-recipe>

## Ingredients:

- 1 pound linguine
- 14 ounces Italian salad dressing
- 5 tablespoons seasoning salad
- 1/4 cup Parmesan cheese grated
- 1 cup cucumber chopped
- 1 cup green peppers chopped
- 1/2 cup black olives sliced
- 1 cup tomatoes chopped, peeling optional
- 1/4 cup onion chopped

## Nutrition:

1. Calories: 790 calories
2. Carbohydrate: 105 grams
3. Cholesterol: 5 milligrams
4. Fat: 34 grams
5. Fiber: 6 grams
6. Protein: 19 grams
7. SaturatedFat: 5 grams
8. Sodium: 1900 milligrams
9. Sugar: 14 grams

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