

# Light and Healthy Pasta Salad

Yield: 9 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/simple-indian-pasta-salad-recipe>

## Ingredients:

- 16 ounces pasta corkscrew
- 1 red bell pepper large
- 2 zucchini or 1 cucumber
- 1 yellow squash
- 1 broccoli small, head
- 1/4 cup poppy seed dressing Briannas

## Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 46 grams
3. Fat: 4 grams
4. Fiber: 5 grams
5. Protein: 10 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 30 milligrams
8. Sugar: 6 grams

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