Bacon Ranch Macaroni Salad

READY IN	SERVINGS	CALORIES
280 min.	8	599 kcal

SIDE DISH | LUNCH | MAIN COURSE | MAIN DISH

Ingredients

- [ ] 6 slices bacon
- [ ] 8 ounce cheddar cheese cut into small cubes
- [ ] 1 pound elbow macaroni
- [ ] 0.5 small bell pepper diced green
- [ ] 1 cup mayonnaise
- [ ] 1 ounce ranch salad dressing mix
- [ ] 0.5 small onion diced red

Equipment

- [ ] bowl
- [ ] frying pan
- [ ] paper towels
- [ ] pot
- [ ] plastic wrap

Directions

- [ ] Cook bacon in a large, deep skillet over medium-high heat until crisp, about 10 minutes; drain on a plate lined with paper towels until cool. Crumble the bacon.
- [ ] Bring a large pot of lightly salted water to a boil. Cook elbow macaroni in the boiling water, stirring occasionally, until cooked through but firm to the bite, 8 minutes; drain.
- [ ] Rinse macaroni with cold water until cool; drain.
- [ ] Mix cooled macaroni, crumbled bacon, mayonnaise, red onion, green bell pepper, ranch salad dressing mix, and Cheddar cheese together in a large bowl.
- [ ] Cover the bowl with plastic wrap and refrigerate at least 4 hours before serving.

Nutrition Facts

PROTEIN **11.11%** FAT **57.7%** CARBS **31.19%**

Properties

Glycemic Index:14.25, Glycemic Load:0.42, Inflammation Score:-4, Nutrition Score:13.712173866189%

Flavonoids

Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 598.75kcal (29.94%), Fat: 38g (58.47%), Saturated Fat: 11.08g (69.22%), Carbohydrates: 46.23g (15.41%), Net Carbohydrates: 44.22g (16.08%), Sugar: 2.17g (2.41%), Cholesterol: 51mg (17%), Sodium: 742.03mg (32.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.47g (32.93%), Selenium: 47.85µg (68.36%), Vitamin K: 46.75µg (44.52%), Manganese: 0.54mg (27.05%), Phosphorus: 269.56mg (26.96%), Calcium: 217.45mg (21.74%), Zinc: 2.09mg (13.96%), Vitamin B2: 0.18mg (10.64%), Magnesium: 41.11mg (10.28%), Copper: 0.19mg (9.56%), Vitamin E: 1.28mg (8.55%), Vitamin B3: 1.67mg (8.36%), Vitamin B6: 0.16mg (8.24%), Fiber: 2.01g (8.04%), Vitamin

B1: 0.11mg (7.56%), Vitamin B12: 0.42µg (6.94%), Vitamin A: 325.62IU (6.51%), Potassium: 204.67mg (5.85%), Iron: 0.94mg (5.22%), Vitamin B5: 0.51mg (5.14%), Vitamin C: 4.23mg (5.12%), Folate: 19.33µg (4.83%), Vitamin D: 0.29µg (1.95%)