



BLT Homestyle Macaroni Salad

 Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



132 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 oz oscar mayer bacon crumbled cooked
- 2 cups elbow macaroni cooked
- 2 Tbsp heinz distilled vinegar white
- 1 cup grape tomatoes halved
- 2 green onions sliced
- 0.8 cup mayo homestyle real mayonnaise kraft
- 4 cups tightly torn romaine lettuce packed
- 1 Tbsp sugar

Equipment

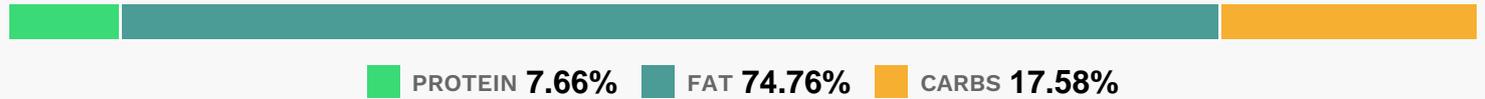
bowl

Directions

Mix first 3 ingredients in large bowl until blended.

Add remaining ingredients; mix lightly.

Nutrition Facts



Properties

Glycemic Index:14.49, Glycemic Load:2.56, Inflammation Score:-6, Nutrition Score:3.9726086634657%

Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 132.43kcal (6.62%), Fat: 10.96g (16.86%), Saturated Fat: 2.52g (15.76%), Carbohydrates: 5.8g (1.93%), Net Carbohydrates: 5.23g (1.9%), Sugar: 1.06g (1.18%), Cholesterol: 11.01mg (3.67%), Sodium: 129.9mg (5.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.53g (5.05%), Vitamin K: 26.4µg (25.14%), Vitamin A: 902.42IU (18.05%), Selenium: 6.22µg (8.89%), Folate: 16.07µg (4.02%), Manganese: 0.07mg (3.64%), Phosphorus: 31.32mg (3.13%), Vitamin B1: 0.05mg (3.01%), Vitamin B3: 0.59mg (2.96%), Vitamin E: 0.39mg (2.61%), Vitamin B6: 0.05mg (2.57%), Fiber: 0.57g (2.28%), Potassium: 74.52mg (2.13%), Vitamin C: 1.62mg (1.97%), Zinc: 0.26mg (1.71%), Magnesium: 6.36mg (1.59%), Copper: 0.03mg (1.52%), Iron: 0.26mg (1.47%), Vitamin B2: 0.02mg (1.32%), Vitamin B5: 0.11mg (1.14%), Vitamin B12: 0.07µg (1.11%)