



Cheddar and Macaroni Salad

READY IN



45 min.

SERVINGS



6

CALORIES



231 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 stalk celery chopped
- ☐ 0.8 cup cheddar cheese cubed
- ☐ 1 bell pepper green chopped
- ☐ 1 cup macaroni
- ☐ 0.3 cup mayonnaise
- ☐ 2 tablespoons milk
- ☐ 0.3 cup onion chopped
- ☐ 0.5 cup peas green frozen thawed
- ☐ 0.3 cup cup heavy whipping cream sour

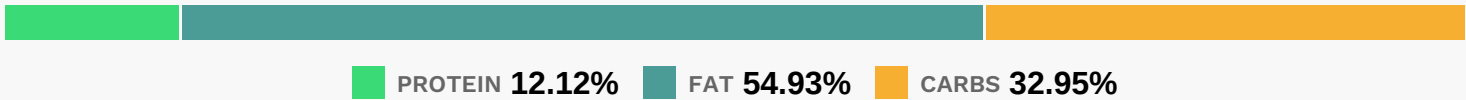
☐ 1.5 tablespoons relish sweet

Equipment

Directions

- ☐ Cook pasta in boiling salted water until done.
- ☐ Drain. Rinse macaroni under cold water, and drain again.
- ☐ Combine pasta with cheese, vegetables, mayonnaise, sour cream, milk, and pickle relish. Chill for at least 24 hours.

Nutrition Facts



Properties

Glycemic Index:38.06, Glycemic Load:0.95, Inflammation Score:-5, Nutrition Score:8.4104348472927%

Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg

Nutrients (% of daily need)

Calories: 231.11kcal (11.56%), Fat: 14.19g (21.83%), Saturated Fat: 4.94g (30.89%), Carbohydrates: 19.15g (6.38%), Net Carbohydrates: 17.26g (6.28%), Sugar: 3.85g (4.28%), Cholesterol: 24.3mg (8.1%), Sodium: 194.87mg (8.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.04g (14.09%), Vitamin C: 21.77mg (26.38%), Vitamin K: 25.32µg (24.12%), Selenium: 16.01µg (22.87%), Phosphorus: 133.78mg (13.38%), Calcium: 129.94mg (12.99%), Manganese: 0.26mg (12.82%), Vitamin A: 457.01IU (9.14%), Fiber: 1.88g (7.54%), Vitamin B2: 0.13mg (7.44%), Zinc: 1.04mg (6.91%), Vitamin B6: 0.12mg (6.17%), Magnesium: 22.52mg (5.63%), Folate: 21.12µg (5.28%), Copper: 0.1mg (5.11%), Vitamin B1: 0.07mg (4.96%), Potassium: 166.69mg (4.76%), Vitamin E: 0.6mg (4.01%), Vitamin B3: 0.71mg (3.54%), Vitamin B12: 0.21µg (3.47%), Iron: 0.59mg (3.26%), Vitamin B5: 0.26mg (2.6%), Vitamin D: 0.16µg (1.06%)