



WHATSheATE



Classic Macaroni Salad



Vegetarian



Dairy Free



Popular

READY IN



270 min.

SERVINGS



10

CALORIES



425 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



2 stalks celery chopped



4 cups elbow macaroni uncooked



1 bell pepper green seeded chopped



0.5 teaspoon ground pepper black



1 cup mayonnaise



1 large onion chopped



1.5 teaspoons salt



0.3 cup distilled vinegar white

- ☐ 0.7 cup sugar white
- ☐ 2.5 tablespoons mustard yellow prepared

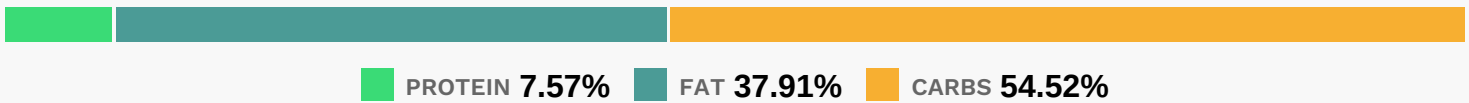
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add the macaroni, and cook until tender, about 8 minutes. Rinse under cold water and drain.
- ☐ In a large bowl, mix together the mayonnaise, vinegar, sugar, mustard, salt and pepper. Stir in the onion, celery, green pepper, carrot, pimentos and macaroni. Refrigerate for at least 4 hours before serving, but preferably overnight.

Nutrition Facts



Properties

Glycemic Index:30.31, Glycemic Load:9.78, Inflammation Score:-4, Nutrition Score:10.074782568475%

Flavonoids

Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg

Nutrients (% of daily need)

Calories: 424.6kcal (21.23%), Fat: 17.82g (27.42%), Saturated Fat: 2.8g (17.52%), Carbohydrates: 57.68g (19.23%), Net Carbohydrates: 55.12g (20.04%), Sugar: 16.01g (17.79%), Cholesterol: 9.41mg (3.14%), Sodium: 543.31mg (23.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.01g (16.02%), Selenium: 37.41µg (53.44%), Vitamin K: 40.07µg (38.16%), Manganese: 0.59mg (29.53%), Vitamin C: 10.94mg (13.26%), Phosphorus: 123.66mg (12.37%), Fiber: 2.56g (10.26%), Copper: 0.19mg (9.41%), Magnesium: 35.52mg (8.88%), Vitamin B6: 0.13mg (6.74%), Zinc: 0.9mg (6.02%), Vitamin E: 0.88mg (5.86%), Potassium: 200.31mg (5.72%), Vitamin B3: 1.07mg (5.37%), Iron: 0.94mg (5.24%), Vitamin B1: 0.08mg (5.01%), Folate: 18.4µg (4.6%), Vitamin B5: 0.34mg (3.42%), Vitamin B2: 0.05mg (3.23%), Calcium: 24.93mg (2.49%), Vitamin A: 98.02IU (1.96%)