



Cold Tropical Macaroni Salad

 Dairy Free

READY IN



85 min.

SERVINGS



6

CALORIES



678 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 apples cored chopped
- ☐ 15 ounce peas drained canned
- ☐ 10 hard-cooked eggs peeled chopped
- ☐ 16 ounce macaroni
- ☐ 1 onion thinly sliced
- ☐ 8 ounce pineapple chunks drained canned
- ☐ 16 ounce creamy salad dressing

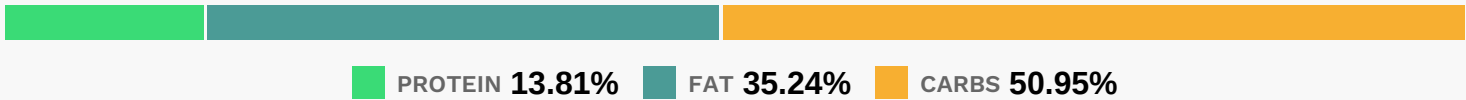
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- ☐ In large bowl combine pasta, eggs, dressing, onion, apple, pineapple and peas. Chill 2 hours in refrigerator.
- ☐ Serve cold.

Nutrition Facts



Properties

Glycemic Index:9.83, Glycemic Load:1.48, Inflammation Score:-8, Nutrition Score:24.398260904395%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.94mg, Quercetin: 4.94mg, Quercetin: 4.94mg, Quercetin: 4.94mg

Nutrients (% of daily need)

Calories: 677.97kcal (33.9%), Fat: 26.39g (40.59%), Saturated Fat: 5.24g (32.76%), Carbohydrates: 85.82g (28.61%), Net Carbohydrates: 79.53g (28.92%), Sugar: 22.71g (25.23%), Cholesterol: 310.83mg (103.61%), Sodium: 991.1mg (43.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.26g (46.52%), Selenium: 76.12µg (108.74%), Vitamin K: 58.34µg (55.56%), Manganese: 0.92mg (46.11%), Phosphorus: 353.5mg (35.35%), Vitamin A: 1579.86IU (31.6%), Vitamin B2: 0.51mg (30.04%), Fiber: 6.29g (25.16%), Magnesium: 74.67mg (18.67%), Copper: 0.37mg (18.48%), Folate: 73.57µg (18.39%), Vitamin B6: 0.37mg (18.27%), Iron: 3.27mg (18.14%), Vitamin E: 2.68mg (17.85%), Zinc: 2.59mg (17.24%), Vitamin B1: 0.24mg (16.33%), Vitamin B5: 1.6mg (15.96%), Vitamin B12: 0.93µg (15.42%), Potassium: 518.31mg (14.81%), Vitamin C: 12.14mg (14.71%), Vitamin D: 1.83µg (12.22%), Vitamin B3: 2.3mg

(11.49%), Calcium: 93.63mg (9.36%)