



Confetti Macaroni Salad

 Vegetarian

READY IN



56 min.

SERVINGS



8

CALORIES



287 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup buttermilk
- 2 ribs celery finely chopped
- 1 tablespoon apple cider vinegar
- 1 teaspoon dijon mustard
- 1 pound elbow macaroni
- 0.5 cucumber english cut into 1/4-inch dice
- 1 tablespoon optional: dill fresh chopped
- 1 tablespoon parsley fresh chopped

- 0.5 cup peas fresh
- 1 clove garlic minced
- 0.5 small bell pepper green seeded cut into 1/4-inch dice
- 1 tablespoon juice of lemon
- 2 tablespoons olive oil
- 0.5 small and orange peppers seeded cut into 1/4-inch dice
- 0.5 cup radishes finely chopped
- 0.5 small bell pepper red seeded cut into 1/4-inch dice
- 8 servings salt and pepper
- 0.5 small onion sweet cut into 1/4-inch dice
- 1 small to 3 sized squashes yellow cut into 1/4-inch dice

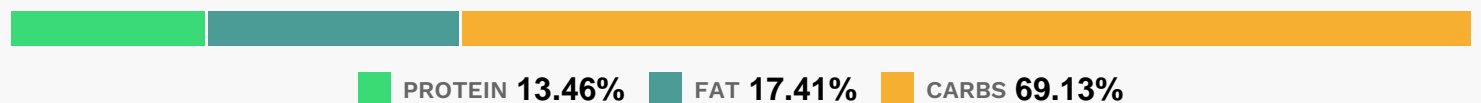
Equipment

- bowl
- whisk
- pot

Directions

- Make dressing: In a bowl, whisk together vinegar, buttermilk, lemon juice, oil, garlic, mustard, parsley and dill. Season with salt and pepper.
- Bring a large pot of salted water to a boil. Cook macaroni for about 10 minutes, or as package label directs. Stir in peas 2 minutes before end of cooking time.
- Drain; rinse under cold water until cool. In a large bowl, toss macaroni, vegetables and dressing.

Nutrition Facts



Properties

Glycemic Index:49.29, Glycemic Load:1.17, Inflammation Score:-6, Nutrition Score:12.859565289124%

Flavonoids

Pelargonidin: 4.58mg, Pelargonidin: 4.58mg, Pelargonidin: 4.58mg, Pelargonidin: 4.58mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 1.37mg, Apigenin: 1.37mg, Apigenin: 1.37mg, Apigenin: 1.37mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 3.22mg, Quercetin: 3.22mg, Quercetin: 3.22mg, Quercetin: 3.22mg

Nutrients (% of daily need)

Calories: 286.86kcal (14.34%), Fat: 5.54g (8.52%), Saturated Fat: 1.25g (7.8%), Carbohydrates: 49.5g (16.5%), Net Carbohydrates: 46.12g (16.77%), Sugar: 6.01g (6.68%), Cholesterol: 3.3mg (1.1%), Sodium: 250.24mg (10.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.64g (19.27%), Selenium: 37.66µg (53.8%), Manganese: 0.66mg (33.08%), Vitamin C: 26.14mg (31.69%), Vitamin K: 20.12µg (19.16%), Phosphorus: 167.19mg (16.72%), Fiber: 3.38g (13.52%), Magnesium: 47.13mg (11.78%), Vitamin B6: 0.23mg (11.47%), Copper: 0.23mg (11.44%), Vitamin A: 566.93IU (11.34%), Potassium: 359.34mg (10.27%), Folate: 39.34µg (9.83%), Vitamin B2: 0.15mg (8.72%), Vitamin B1: 0.12mg (8.22%), Zinc: 1.21mg (8.08%), Vitamin B3: 1.48mg (7.38%), Iron: 1.21mg (6.75%), Calcium: 67.21mg (6.72%), Vitamin E: 0.83mg (5.51%), Vitamin B5: 0.54mg (5.39%), Vitamin D: 0.39µg (2.6%), Vitamin B12: 0.14µg (2.3%)