



Creamy Macaroni Salad

 Vegetarian

READY IN



35 min.

SERVINGS



12

CALORIES



364 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup carrots finely chopped
- ☐ 0.5 cup celery finely chopped
- ☐ 3 cups elbow macaroni
- ☐ 5 ounce evaporated milk canned
- ☐ 0.8 teaspoon garlic powder
- ☐ 3 tablespoons bell pepper green finely chopped
- ☐ 0.3 teaspoon ground pepper black
- ☐ 0.3 teaspoon ground pepper white

- ☐ 1.5 cups mayonnaise
- ☐ 1 teaspoon ground mustard dry
- ☐ 0.5 cup onion finely chopped
- ☐ 0.5 teaspoon onion powder
- ☐ 0.5 teaspoon paprika
- ☐ 3 tablespoons bell pepper red finely chopped
- ☐ 1 teaspoon salt
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 2 tablespoons bell pepper yellow finely chopped

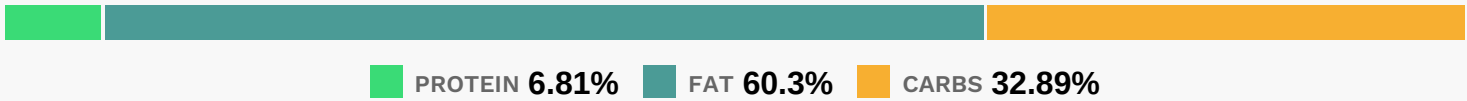
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot

Directions

- ☐ Mix salt, dry mustard, garlic powder, paprika, onion powder, white pepper, and black pepper in a small bowl.
- ☐ Bring a large pot of lightly salted water to a boil. Cook elbow macaroni in the boiling water, stirring occasionally until cooked through but firm to the bite, 8 minutes.
- ☐ Drain and rinse macaroni under cold water until cooled.
- ☐ Whisk mayonnaise, sour cream, and evaporated milk in a large salad bowl until dressing is smooth and creamy; stir in seasoning mix until well blended.
- ☐ Mix macaroni, onion, green, red, and yellow bell pepper, celery, and carrots into the dressing until thoroughly coated.

Nutrition Facts



Properties

Glycemic Index:20.82, Glycemic Load:0.45, Inflammation Score:-7, Nutrition Score:9.432173985502%

Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg

Nutrients (% of daily need)

Calories: 364.3kcal (18.22%), Fat: 24.34g (37.45%), Saturated Fat: 4.9g (30.62%), Carbohydrates: 29.87g (9.96%), Net Carbohydrates: 28.22g (10.26%), Sugar: 3.38g (3.76%), Cholesterol: 20.84mg (6.95%), Sodium: 396.95mg (17.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.18g (12.37%), Vitamin K: 48.29µg (45.99%), Selenium: 23.87µg (34.09%), Vitamin A: 1141.87IU (22.84%), Manganese: 0.37mg (18.42%), Phosphorus: 112.36mg (11.24%), Vitamin C: 8.89mg (10.78%), Vitamin E: 1.14mg (7.6%), Fiber: 1.65g (6.61%), Magnesium: 26.2mg (6.55%), Copper: 0.12mg (6.22%), Calcium: 57.15mg (5.72%), Vitamin B2: 0.09mg (5.41%), Potassium: 188.13mg (5.38%), Vitamin B6: 0.1mg (5.05%), Zinc: 0.72mg (4.82%), Vitamin B3: 0.77mg (3.83%), Folate: 15.17µg (3.79%), Iron: 0.66mg (3.69%), Vitamin B1: 0.06mg (3.67%), Vitamin B5: 0.36mg (3.58%), Vitamin B12: 0.07µg (1.21%)