



Dad's Working Man's Macaroni Salad

 Dairy Free

READY IN



60 min.

SERVINGS



10

CALORIES



298 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 slices processed cheese food
- ☐ 4 slices beef bologna thick
- ☐ 1 large stalk celery diced
- ☐ 2 cups elbow macaroni
- ☐ 0.5 large bell pepper diced green seeded
- ☐ 10 servings ground pepper black to taste
- ☐ 5 hard-cooked eggs diced
- ☐ 1 small onion diced red

- ☐ 1.5 cups creamy salad dressing low-fat miracle whip light® (such as)
- ☐ 6 toppings: such as pickles diced sweet
- ☐ 2 tablespoons mustard yellow prepared

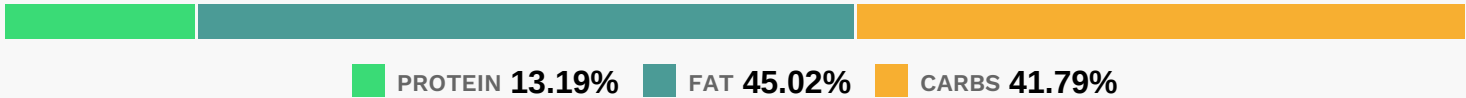
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ 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 cool under running water until chilled.
- ☐ Transfer to a large salad bowl.
- ☐ Stack American cheese slices alternating with bologna slices and cut into 1/2-inch dice. (Stacking helps prevent cheese from sticking together.)
- ☐ Mix bologna and cheese into macaroni and stir in hard-cooked eggs, sweet pickles, celery, green bell pepper, and red onion.
- ☐ Mix thoroughly.
- ☐ Stir creamy salad dressing and mustard into the salad and season with black pepper. Cover salad and chill in refrigerator until serving time.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.43, Inflammation Score:-4, Nutrition Score:10.43652176857%

Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg

Nutrients (% of daily need)

Calories: 297.66kcal (14.88%), Fat: 14.8g (22.77%), Saturated Fat: 4.27g (26.69%), Carbohydrates: 30.92g (10.31%), Net Carbohydrates: 29.29g (10.65%), Sugar: 8.66g (9.62%), Cholesterol: 106.13mg (35.38%), Sodium: 700.9mg (30.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.75g (19.51%), Selenium: 29.81µg (42.59%), Vitamin K: 29.98µg (28.55%), Phosphorus: 195.07mg (19.51%), Manganese: 0.35mg (17.26%), Calcium: 172.1mg (17.21%), Vitamin B2: 0.19mg (11.22%), Vitamin C: 7.86mg (9.53%), Vitamin A: 438.33IU (8.77%), Vitamin E: 1.28mg (8.52%), Vitamin B12: 0.48µg (7.92%), Zinc: 1.09mg (7.26%), Vitamin B6: 0.14mg (7.15%), Magnesium: 27.73mg (6.93%), Fiber: 1.63g (6.52%), Potassium: 209.14mg (5.98%), Copper: 0.12mg (5.83%), Vitamin B5: 0.58mg (5.78%), Folate: 22.67µg (5.67%), Iron: 1mg (5.55%), Vitamin B1: 0.07mg (4.76%), Vitamin D: 0.63µg (4.17%), Vitamin B3: 0.67mg (3.36%)