



Delicious Macaroni Salad

 Dairy Free

READY IN



60 min.

SERVINGS



12

CALORIES



234 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 ounce olives black chopped canned
- 1 stalk celery chopped to taste
- 1 cup ham diced fully cooked
- 2 tablespoons dijon mustard
- 1 cup dill pickle relish
- 2 cups elbow macaroni
- 0.8 cup mayonnaise
- 1 small onion red finely chopped

Equipment

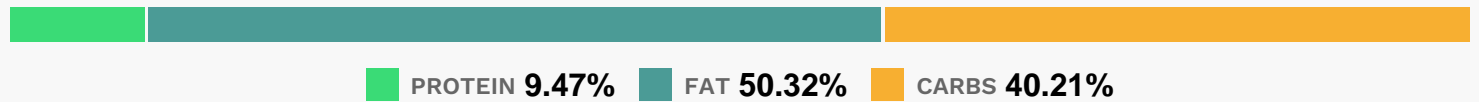
pot

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. Cool cooked macaroni under cold running water and drain.

Toss macaroni with ham, pickle relish, celery, black olives, red onion, mayonnaise, and Dijon mustard until thoroughly combined. Cover and chill before serving.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.25, Inflammation Score:-2, Nutrition Score:6.0143477994463%

Flavonoids

Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg

Nutrients (% of daily need)

Calories: 233.66kcal (11.68%), Fat: 13.18g (20.28%), Saturated Fat: 2.08g (12.97%), Carbohydrates: 23.7g (7.9%), Net Carbohydrates: 22.02g (8.01%), Sugar: 1.22g (1.36%), Cholesterol: 12.75mg (4.25%), Sodium: 598.85mg (26.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.58g (11.17%), Selenium: 17.93µg (25.61%), Vitamin K: 24.03µg (22.88%), Manganese: 0.25mg (12.41%), Phosphorus: 89.21mg (8.92%), Fiber: 1.68g (6.72%), Vitamin B1: 0.09mg (6.14%), Copper: 0.12mg (5.77%), Vitamin E: 0.86mg (5.76%), Magnesium: 21.87mg (5.47%), Vitamin B3: 0.89mg (4.45%), Iron: 0.78mg (4.33%), Zinc: 0.64mg (4.28%), Vitamin B6: 0.08mg (3.98%), Vitamin C: 3.19mg (3.87%), Potassium: 126.92mg (3.63%), Vitamin B2: 0.05mg (3.17%), Vitamin B12: 0.15µg (2.49%), Vitamin B5: 0.24mg (2.37%), Folate: 8.79µg (2.2%), Vitamin A: 97.12IU (1.94%), Calcium: 17.53mg (1.75%)