



Elbow Macaroni and Kidney Bean Salad



Vegetarian



Dairy Free

READY IN



140 min.

SERVINGS



8

CALORIES



145 kcal

SIDE DISH

Ingredients

- ☐ 15 ounce kidney beans red drained and rinsed canned
- ☐ 0.5 cup celery chopped
- ☐ 1 cup elbow macaroni
- ☐ 8 servings salt and ground pepper black to taste
- ☐ 0.5 cup mayonnaise light
- ☐ 0.3 cup onion chopped
- ☐ 2 tablespoons red wine vinegar to taste

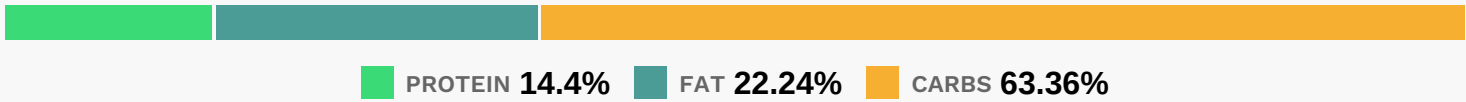
Equipment

- ☐ 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, 6 to 8 minutes.
- ☐ Drain and rinse with cold water.
- ☐ Combine cooked macaroni, kidney beans, celery, light mayonnaise, onion, red wine vinegar, salt, and black pepper in a bowl until well mixed. Chill in refrigerator for at least 2 hours.

Nutrition Facts



Properties

Glycemic Index:17.88, Glycemic Load:2.78, Inflammation Score:-2, Nutrition Score:5.5269565374955%

Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 145.15kcal (7.26%), Fat: 3.58g (5.51%), Saturated Fat: 0.58g (3.6%), Carbohydrates: 22.97g (7.66%), Net Carbohydrates: 19.38g (7.05%), Sugar: 2.25g (2.5%), Cholesterol: 2.24mg (0.75%), Sodium: 258.48mg (11.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.22g (10.44%), Selenium: 12.06µg (17.23%), Manganese: 0.34mg (17.18%), Fiber: 3.59g (14.35%), Vitamin K: 11.75µg (11.19%), Phosphorus: 94.94mg (9.49%), Copper: 0.14mg (6.86%), Magnesium: 27.02mg (6.75%), Potassium: 208.07mg (5.94%), Iron: 0.96mg (5.34%), Folate: 20.77µg (5.19%), Vitamin B1: 0.08mg (5.13%), Zinc: 0.61mg (4.03%), Vitamin B6: 0.08mg (3.93%), Vitamin B2: 0.05mg (3.01%), Vitamin B3: 0.59mg (2.94%), Calcium: 24.27mg (2.43%), Vitamin E: 0.36mg (2.37%), Vitamin B5: 0.18mg (1.76%), Vitamin C: 1.01mg (1.22%)