



Family Reunion Macaroni Salad

READY IN



20 min.

SERVINGS



20

CALORIES



165 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

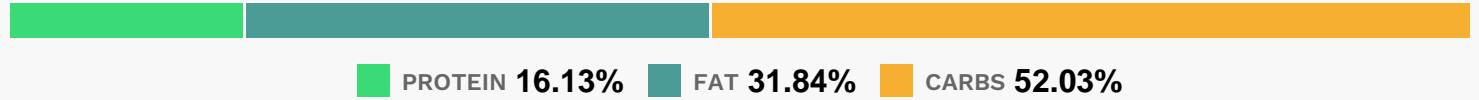
- 0.5 cup celery finely chopped
- 8 green onions sliced
- 4 hard-cooked eggs chopped
- 28 oz deluxe macaroni & cheese dinner kraft
- 0.5 cup milk
- 1 cup miracle whip dressing
- 1 small bell pepper red finely chopped

Equipment

Directions

- Prepare Dinners as directed on package.
- Add remaining ingredients; mix lightly.

Nutrition Facts



Properties

Glycemic Index:9.9, Glycemic Load:12.09, Inflammation Score:-2, Nutrition Score:4.3695652484894%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 165.28kcal (8.26%), Fat: 5.86g (9.02%), Saturated Fat: 0.52g (3.26%), Carbohydrates: 21.54g (7.18%), Net Carbohydrates: 21.06g (7.66%), Sugar: 2.02g (2.24%), Cholesterol: 39.18mg (13.06%), Sodium: 422.14mg (18.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.68g (13.36%), Phosphorus: 182.53mg (18.25%), Vitamin K: 10.91µg (10.39%), Manganese: 0.2mg (10.19%), Calcium: 75.54mg (7.55%), Vitamin C: 5.72mg (6.93%), Iron: 1.05mg (5.82%), Vitamin A: 245.72IU (4.91%), Selenium: 3.24µg (4.63%), Zinc: 0.68mg (4.51%), Magnesium: 16.91mg (4.23%), Vitamin B2: 0.07mg (4.01%), Potassium: 133.81mg (3.82%), Folate: 10.08µg (2.52%), Vitamin B12: 0.14µg (2.4%), Fiber: 0.49g (1.94%), Vitamin D: 0.29µg (1.91%), Vitamin B5: 0.18mg (1.84%), Vitamin B6: 0.03mg (1.57%), Vitamin E: 0.2mg (1.32%), Vitamin B1: 0.02mg (1.01%)