



Fifteen Minute Macaroni & Salmon Salad

 Dairy Free

READY IN



140 min.

SERVINGS



12

CALORIES



452 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon pepper black
- 16 ounce elbow macaroni
- 2 cups mayonnaise
- 1 teaspoon onion powder
- 10.5 ounces peas and pearl onions canned drained
- 14 ounce salmon boneless skinless flaked drained canned
- 1 teaspoon salt to taste

Equipment

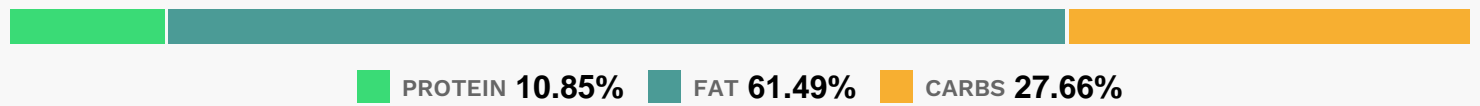
bowl

pot

Directions

- Bring a large pot of lightly salted water to a boil. Cook macaroni for 8 to 10 minutes, or until al dente; drain and rinse under cold water until cool.
- In a large bowl, mix together macaroni, peas and onions, salmon, and mayonnaise. Season with onion powder, salt, and pepper, and mix well. Cover, and refrigerate 2 hours, or until well-chilled.

Nutrition Facts



Properties

Glycemic Index:9.08, Glycemic Load:0.64, Inflammation Score:-3, Nutrition Score:12.61260869192%

Flavonoids

Isorhamnetin: 1.24mg, Isorhamnetin: 1.24mg, Isorhamnetin: 1.24mg, Isorhamnetin: 1.24mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.04mg, Quercetin: 5.04mg, Quercetin: 5.04mg, Quercetin: 5.04mg

Nutrients (% of daily need)

Calories: 451.98kcal (22.6%), Fat: 30.63g (47.12%), Saturated Fat: 4.81g (30.06%), Carbohydrates: 30.99g (10.33%), Net Carbohydrates: 29.29g (10.65%), Sugar: 2.29g (2.54%), Cholesterol: 33.87mg (11.29%), Sodium: 448.82mg (19.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.16g (24.31%), Vitamin K: 61.27µg (58.35%), Selenium: 36.98µg (52.82%), Manganese: 0.41mg (20.52%), Vitamin B12: 1.1µg (18.28%), Vitamin B6: 0.36mg (17.93%), Vitamin B3: 3.27mg (16.37%), Phosphorus: 153.42mg (15.34%), Copper: 0.21mg (10.6%), Vitamin B2: 0.16mg (9.56%), Vitamin E: 1.27mg (8.49%), Potassium: 293.94mg (8.4%), Vitamin B1: 0.12mg (8.32%), Magnesium: 32.96mg (8.24%), Vitamin B5: 0.81mg (8.12%), Fiber: 1.7g (6.8%), Zinc: 0.85mg (5.68%), Folate: 21.79µg (5.45%), Iron: 0.91mg (5.06%), Vitamin C: 1.87mg (2.27%), Calcium: 22.1mg (2.21%)