

Hawaiian Mac Salad

 Dairy Free

READY IN



65 min.

SERVINGS



4

CALORIES



539 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 carrots cut into very fine matchsticks
- 1 hardboiled egg chopped fine
- 8 ounce macaroni
- 0.5 onion minced
- 0.5 cup mayonnaise
- 0.1 teaspoon pepper
- 2 potatoes
- 2 tablespoons salad dressing italian-style

0.5 teaspoon salt

Equipment

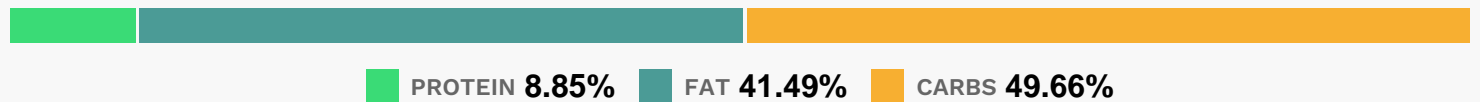
bowl

pot

Directions

- Bring a pot of lightly salted water to a rolling boil; cook the macaroni in boiling water until cooked through yet firm to the bite, about 8 minutes.
- Drain. Chill in refrigerator.
- Bring a separate pot of lightly salted water to a rolling boil; cook the potatoes in boiling water until just cooked through, 20 to 25 minutes.
- Drain, peel, and chop the potatoes into small cubes.
- Combine the potatoes, chopped egg, and mayonnaise in a bowl; mix.
- Add the macaroni, Italian-style salad dressing, onion, carrot, salt, and pepper to the potato mixture; stir. Chill in refrigerator until cold, about 20 minutes.
- Serve cold.

Nutrition Facts



Properties

Glycemic Index:53.15, Glycemic Load:14.19, Inflammation Score:-9, Nutrition Score:19.055217369743%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 6.79mg, Quercetin: 6.79mg, Quercetin: 6.79mg, Quercetin: 6.79mg

Nutrients (% of daily need)

Calories: 538.58kcal (26.93%), Fat: 24.77g (38.11%), Saturated Fat: 4.08g (25.51%), Carbohydrates: 66.71g (22.24%), Net Carbohydrates: 61.74g (22.45%), Sugar: 6.2g (6.89%), Cholesterol: 58.38mg (19.46%), Sodium: 577.13mg (25.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.89g (23.79%), Selenium: 41.01µg (58.59%), Vitamin A: 2636.27IU (52.73%), Vitamin K: 53.92µg (51.35%), Manganese: 0.75mg (37.61%), Vitamin C: 23.89mg (28.96%), Vitamin B6: 0.49mg (24.58%), Phosphorus: 212.9mg (21.29%), Potassium: 700.96mg (20.03%), Fiber: 4.97g (19.89%), Copper: 0.32mg (15.91%), Magnesium: 62.09mg (15.52%), Vitamin B1: 0.18mg (11.72%), Folate: 46.57µg (11.64%), Vitamin B3: 2.31mg (11.55%), Iron: 1.96mg (10.86%), Vitamin E: 1.38mg (9.22%), Zinc: 1.38mg (9.19%), Vitamin B2: 0.15mg (9.1%), Vitamin B5: 0.87mg (8.66%), Calcium: 47.85mg (4.79%), Vitamin B12: 0.17µg (2.87%), Vitamin D: 0.33µg (2.21%)