



Healthier Classic Macaroni Salad



Vegetarian



Dairy Free

READY IN



270 min.

SERVINGS



10

CALORIES



391 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup carrots grated
- ☐ 2 stalks celery chopped
- ☐ 1 bell pepper green seeded chopped
- ☐ 0.5 teaspoon ground pepper black
- ☐ 1 cup mayonnaise
- ☐ 1 large onion chopped
- ☐ 2 tablespoons pimento peppers chopped
- ☐ 1 bell pepper red seeded chopped

- ☐ 1.5 teaspoons salt
- ☐ 0.3 cup distilled vinegar white
- ☐ 0.3 cup sugar white
- ☐ 4 cups elbow macaroni whole wheat
- ☐ 2.5 tablespoons mustard yellow prepared

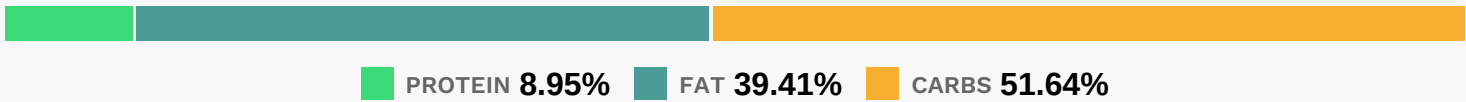
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil. Cook elbow macaroni in boiling water, stirring occasionally until cooked through but firm to the bite, about 8 minutes. Rinse under cold water and drain.
- ☐ Mix mayonnaise, vinegar, sugar, mustard, salt, and pepper together in a large bowl. Stir in onion, celery, green bell pepper, red bell pepper, carrot, pimentos, and macaroni. Refrigerate for at least 4 hours or overnight, before serving.

Nutrition Facts



Properties

Glycemic Index:42.69, Glycemic Load:5.43, Inflammation Score:-8, Nutrition Score:18.282174162243%

Flavonoids

Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg

Nutrients (% of daily need)

Calories: 391.3kcal (19.56%), Fat: 17.79g (27.38%), Saturated Fat: 2.8g (17.51%), Carbohydrates: 52.45g (17.48%), Net Carbohydrates: 51.27g (18.64%), Sugar: 8.62g (9.57%), Cholesterol: 9.41mg (3.14%), Sodium: 547.56mg (23.81%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.09g (18.18%), Manganese: 1.81mg (90.41%), Selenium: 42.88µg (61.25%), Vitamin K: 41.33µg (39.36%), Vitamin C: 29.48mg (35.74%), Magnesium: 87.94mg (21.98%), Vitamin A: 1084.85IU (21.7%), Vitamin B1: 0.31mg (20.48%), Phosphorus: 167.14mg (16.71%), Vitamin B3: 3.17mg (15.83%), Copper: 0.29mg (14.27%), Iron: 2.37mg (13.16%), Folate: 46.53µg (11.63%), Vitamin B6: 0.23mg (11.35%), Zinc: 1.48mg (9.89%), Vitamin E: 1.05mg (7.01%), Vitamin B5: 0.7mg (6.99%), Potassium: 236.83mg (6.77%), Vitamin B2: 0.11mg (6.73%), Fiber: 1.18g (4.72%), Calcium: 37.6mg (3.76%)