



## Mac-Daddi-Roni Salad

 Dairy Free

READY IN



110 min.

SERVINGS



6

CALORIES



820 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 1 tablespoon pepper black freshly ground
- 0.5 cup carrots diced
- 0.8 cup celery diced
- 2 tablespoons garlic minced
- 16 ounces macaroni pasta
- 2 cups mayonnaise
- 0.3 cup pepperoncini minced
- 0.3 cup peppadew peppers diced

- 0.8 cup onion red minced
- 0.8 cup roasted bell pepper red minced
- 1 teaspoons sea salt
- 1 tablespoon vinegar white
- 3 tablespoons mustard yellow

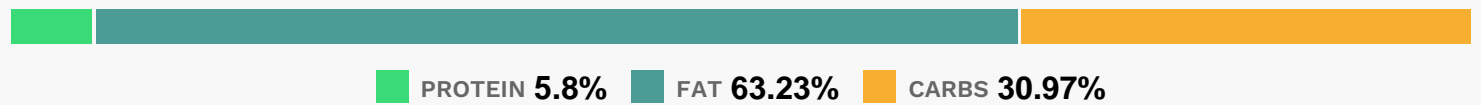
## Equipment

- mixing bowl
- pot

## Directions

- In a medium pot, boil water and add salt.
- Add pasta, cook until al dente, and place into an ice water bath.
- In a medium mixing bowl add mayonnaise, garlic, mustard, and vinegar.
- Mix to combine and place in refrigerator to keep chilled while pasta cools down.
- When pasta is cool, mix in mayonnaise mixture and all vegetables.
- Mix thoroughly, season with salt and pepper.
- Place into refrigerator and chill for 1 hour for the flavors to combine.

## Nutrition Facts



## Properties

Glycemic Index:51.64, Glycemic Load:1.43, Inflammation Score:-9, Nutrition Score:20.137391121491%

## Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.32mg, Quercetin: 4.32mg, Quercetin: 4.32mg, Quercetin: 4.32mg

## Nutrients (% of daily need)

Calories: 819.67kcal (40.98%), Fat: 57.44g (88.38%), Saturated Fat: 9.01g (56.32%), Carbohydrates: 63.31g (21.1%), Net Carbohydrates: 58.93g (21.43%), Sugar: 4.36g (4.84%), Cholesterol: 31.36mg (10.45%), Sodium: 1208.15mg (52.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.85g (23.71%), Vitamin K: 129.71µg (123.54%), Selenium: 52.72µg (75.31%), Manganese: 1mg (49.96%), Vitamin A: 2030.17IU (40.6%), Vitamin C: 20.76mg (25.17%), Phosphorus: 191.39mg (19.14%), Vitamin E: 2.74mg (18.25%), Fiber: 4.38g (17.53%), Copper: 0.31mg (15.43%), Magnesium: 54.92mg (13.73%), Vitamin B6: 0.27mg (13.3%), Potassium: 364.68mg (10.42%), Iron: 1.69mg (9.39%), Zinc: 1.4mg (9.32%), Vitamin B3: 1.72mg (8.58%), Vitamin B1: 0.13mg (8.47%), Folate: 33.41µg (8.35%), Vitamin B5: 0.62mg (6.18%), Calcium: 57.92mg (5.79%), Vitamin B2: 0.1mg (5.75%), Vitamin B12: 0.09µg (1.49%)