



Macaroni and Cheese Salad

READY IN



85 min.

SERVINGS



6

CALORIES



438 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup celery chopped
- ☐ 8 cherry tomatoes
- ☐ 2 tablespoons cider vinegar
- ☐ 0.5 cup bell pepper green chopped
- ☐ 3 tablespoons green onion thinly sliced
- ☐ 1.5 cups macaroni
- ☐ 1 cup mayonnaise
- ☐ 6 servings salt and pepper to taste
- ☐ 0.3 teaspoon beau monde™ seasoning

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1 cup cheddar cheese shredded

Equipment

☐

bowl

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pot

Directions

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In a large pot of salted boiling water, cook pasta until al dente, rinse under cold water and drain.

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In a large bowl, combine pasta and vinegar.

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Mix well and allow to sit 15–20 minutes.

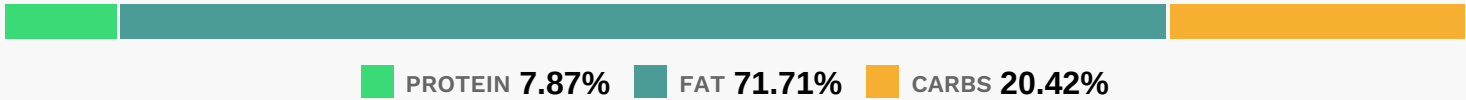
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Add cheese, peppers, celery, green onions, tomatoes, mayonnaise and seasonings.

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Mix well and refrigerate until chilled.

Nutrition Facts



Properties

Glycemic Index:32.67, Glycemic Load:0.35, Inflammation Score:–5, Nutrition Score:11.029565075169%

Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 437.8kcal (21.89%), Fat: 34.79g (53.53%), Saturated Fat: 8.07g (50.46%), Carbohydrates: 22.29g (7.43%), Net Carbohydrates: 20.85g (7.58%), Sugar: 1.99g (2.21%), Cholesterol: 34.51mg (11.5%), Sodium: 562.62mg (24.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.59g (17.19%), Vitamin K: 71.6µg (68.2%), Selenium: 22.94µg (32.77%), Vitamin C: 15.85mg (19.21%), Manganese: 0.32mg (15.82%), Phosphorus: 155.36mg (15.54%), Calcium: 152.98mg (15.3%), Vitamin E: 1.63mg (10.89%), Vitamin A: 422.06IU (8.44%), Zinc: 1.19mg (7.94%), Vitamin B2: 0.12mg (7.07%), Magnesium: 24.52mg (6.13%), Copper: 0.12mg (6.01%), Fiber: 1.44g (5.77%), Vitamin B6: 0.11mg (5.3%), Potassium: 177.15mg (5.06%), Folate: 18.66µg (4.66%), Iron: 0.79mg (4.37%), Vitamin B12: 0.24µg (4.07%), Vitamin B1: 0.05mg (3.4%), Vitamin B3: 0.68mg (3.37%), Vitamin B5: 0.31mg (3.11%), Vitamin D: 0.19µg (1.25%)