



Macaroni-Bacon Salad

 Dairy Free

READY IN



25 min.

SERVINGS



10

CALORIES



243 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 oz bacon chopped
- ☐ 0.8 cup celery finely chopped
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 cup green onions thinly sliced
- ☐ 2.8 cups macaroni dried
- ☐ 10 servings salt and pepper
- ☐ 0.3 cup sugar
- ☐ 0.5 cup distilled vinegar white

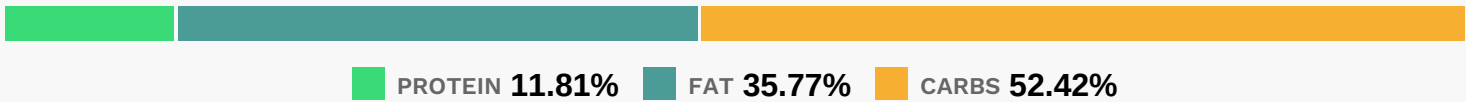
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ slotted spoon

Directions

- ☐ In a bowl, combine sugar and flour.
- ☐ In a 2- to 3-quart pan over medium-high heat, stir bacon often until browned and crisp, 8 to 10 minutes. With a slotted spoon, transfer to paper towels to drain. Discard all but 3 tablespoons fat from pan.
- ☐ Add sugar-flour mixture to drippings in pan over medium-high heat. Stir for 1 minute, then add 1 1/2 cups water and the vinegar. Stir until mixture is boiling, 2 to 3 minutes.
- ☐ In a 5- to 6-quart pan over high heat, cook macaroni in boiling water, stirring occasionally, until just tender to bite, 8 to 10 minutes.
- ☐ Drain and return to pan. Stir vinegar mixture into macaroni.
- ☐ Let cool.
- ☐ Just before serving, stir bacon, celery, and green onions into macaroni. Season generously with salt and pepper. For a looser texture, stir in about 1/2 cup water.
- ☐ Pour into a serving bowl.

Nutrition Facts



Properties

Glycemic Index:25.91, Glycemic Load:6.47, Inflammation Score:-2, Nutrition Score:5.8726086616516%

Flavonoids

Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 243.16kcal (12.16%), Fat: 9.51g (14.63%), Saturated Fat: 3.1g (19.4%), Carbohydrates: 31.35g (10.45%), Net Carbohydrates: 30.13g (10.96%), Sugar: 7.62g (8.46%), Cholesterol: 14.97mg (4.99%), Sodium: 352.64mg (15.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.06g (14.13%), Selenium: 24.02µg (34.32%), Manganese: 0.31mg (15.48%), Phosphorus: 94.17mg (9.42%), Vitamin K: 9.16µg (8.72%), Vitamin B3: 1.63mg (8.15%), Vitamin B1: 0.12mg (7.77%), Vitamin B6: 0.11mg (5.52%), Copper: 0.1mg (5.21%), Magnesium: 20.35mg (5.09%), Fiber: 1.22g (4.86%), Zinc: 0.72mg (4.81%), Potassium: 141.96mg (4.06%), Folate: 15.78µg (3.94%), Iron: 0.69mg (3.81%), Vitamin B2: 0.06mg (3.49%), Vitamin B5: 0.29mg (2.85%), Vitamin B12: 0.11µg (1.89%), Vitamin A: 75.64IU (1.51%), Calcium: 14.05mg (1.4%), Vitamin E: 0.17mg (1.13%), Vitamin C: 0.86mg (1.04%)