



Macaroni Caesar Salad

 Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



376 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 slices bacon chopped
- ☐ 8 ounce caesar dressing
- ☐ 2 cups croutons
- ☐ 5 eggs
- ☐ 8 ounce macaroni uncooked
- ☐ 1 head romaine lettuce

Equipment

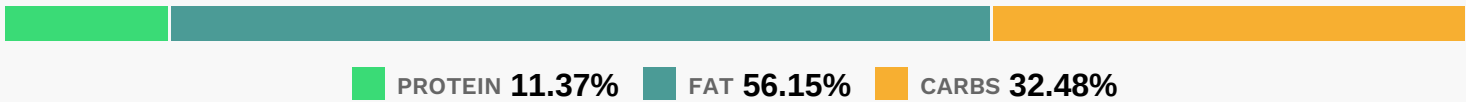
- ☐ bowl

- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ pot
- ☐ microwave

Directions

- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add the macaroni and cook until tender, about 8 minutes.
- ☐ Drain and rinse under cold water to cool.
- ☐ At the same time,
- ☐ Place eggs in a saucepan and fill with enough cold water to cover. Cover with a lid and bring to a boil.
- ☐ Remove from the heat once boiling, and let stand covered for 10 minutes.
- ☐ Drain, cool, peel and chop.
- ☐ Fry bacon in a skillet over medium heat or cook in the microwave on a paper towel lined plate until crisp.
- ☐ Drain, crumble and set aside.
- ☐ In a large bowl, combine the lettuce and macaroni. Stir in the eggs, bacon, Caesar dressing and croutons. Refrigerate for about 30 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:9, Glycemic Load:3.69, Inflammation Score:-10, Nutrition Score:19.744347758915%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg

Nutrients (% of daily need)

Calories: 376.39kcal (18.82%), Fat: 23.43g (36.05%), Saturated Fat: 4.67g (29.2%), Carbohydrates: 30.49g (10.16%), Net Carbohydrates: 27.42g (9.97%), Sugar: 2.59g (2.87%), Cholesterol: 118.8mg (39.6%), Sodium: 497.01mg (21.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.67g (21.35%), Vitamin A: 6976.77IU (139.54%), Vitamin K: 110.08µg (104.84%), Selenium: 31.6µg (45.14%), Folate: 134.91µg (33.73%), Manganese: 0.44mg (21.91%), Phosphorus: 157.4mg (15.74%), Vitamin B2: 0.22mg (13.24%), Iron: 2.25mg (12.53%), Fiber: 3.07g (12.3%), Vitamin E: 1.8mg (12.01%), Vitamin B1: 0.17mg (11.01%), Potassium: 328.3mg (9.38%), Vitamin B6: 0.18mg (8.79%), Magnesium: 33.16mg (8.29%), Copper: 0.16mg (7.89%), Vitamin B5: 0.76mg (7.56%), Zinc: 1.13mg (7.53%), Vitamin B3: 1.5mg (7.49%), Calcium: 66.9mg (6.69%), Vitamin B12: 0.29µg (4.91%), Vitamin D: 0.61µg (4.08%), Vitamin C: 3.21mg (3.9%)