



Macaroni Garden Salad

 Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



626 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 15 ounce peas drained canned
- ☐ 4 stalks celery diced
- ☐ 2 cucumbers diced peeled
- ☐ 1 head iceberg lettuce
- ☐ 16 ounce macaroni
- ☐ 1 cup mayonnaise
- ☐ 1 onion diced finely
- ☐ 4 tomatoes chopped

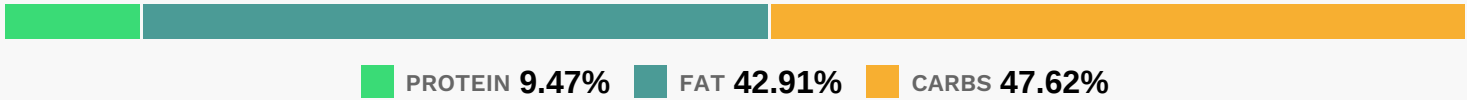
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ In a large pot of salted boiling water, cook pasta until al dente, rinse under cold water and drain.
- ☐ In a large bowl, combine the pasta, cucumbers, tomatoes, onion, celery, peas and mayonnaise.
- ☐ Mix well, chill, and serve on crisp lettuce leaves.

Nutrition Facts



Properties

Glycemic Index:32.33, Glycemic Load:2.17, Inflammation Score:-9, Nutrition Score:25.180869309799%

Flavonoids

Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Apigenin: 0.88mg, Apigenin: 0.88mg, Apigenin: 0.88mg, Apigenin: 0.88mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 625.85kcal (31.29%), Fat: 29.92g (46.03%), Saturated Fat: 4.71g (29.43%), Carbohydrates: 74.7g (24.9%), Net Carbohydrates: 66.44g (24.16%), Sugar: 10.94g (12.16%), Cholesterol: 15.68mg (5.23%), Sodium: 409.87mg (17.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.86g (29.71%), Vitamin K: 118.81µg (113.16%), Selenium: 49.95µg (71.35%), Manganese: 1.18mg (58.76%), Vitamin A: 2434.05IU (48.68%), Fiber: 8.26g (33.03%), Vitamin C: 24.66mg (29.89%), Phosphorus: 265.74mg (26.57%), Folate: 97.92µg (24.48%), Potassium: 804.28mg (22.98%), Copper: 0.45mg (22.7%), Magnesium: 85.98mg (21.5%), Vitamin B6: 0.35mg (17.62%), Iron: 2.88mg (15.98%), Vitamin B1: 0.24mg (15.9%), Zinc: 2.14mg (14.28%), Vitamin B3: 2.73mg (13.66%), Vitamin E: 2.03mg (13.55%), Vitamin B5: 0.94mg (9.37%), Vitamin B2: 0.15mg (8.98%), Calcium: 86.29mg (8.63%)