



Macaroni Olive Gratin

READY IN



45 min.

SERVINGS



10

CALORIES



355 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 4 ounce mushrooms drained sliced canned
- ☐ 0.3 cup celery chopped
- ☐ 8 ounce carton cream sour
- ☐ 1 cup elbow macaroni uncooked
- ☐ 0.3 cup bell pepper green chopped
- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.3 cup italian-seasoned breadcrumbs
- ☐ 2 tablespoons butter melted

- ☐ 1 cup mayonnaise
- ☐ 2 tablespoons olive oil
- ☐ 4 ounce olives ripe drained sliced canned
- ☐ 0.3 cup onion chopped
- ☐ 0.3 teaspoon paprika
- ☐ 4 ounce pimientos diced drained
- ☐ 2 ounces cheddar cheese shredded

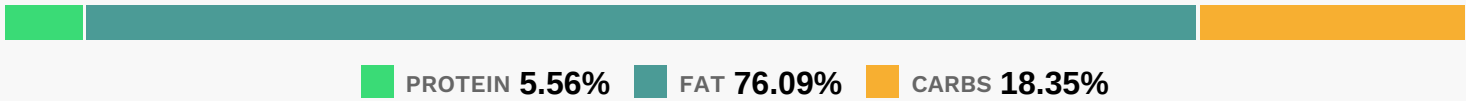
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Cook macaroni according to package directions.
- ☐ Drain and set aside.
- ☐ Saute green pepper, celery, and onion in hot olive oil in a medium skillet over medium-high heat 5 minutes or until tender.
- ☐ Combine vegetables, macaroni, mayonnaise, and next 7 ingredients in a large bowl; stir well.
- ☐ Transfer to a greased 1 1/2-quart baking dish.
- ☐ Bake, uncovered, at 325 for 20 minutes.
- ☐ Combine breadcrumbs and margarine; stir well.
- ☐ Sprinkle breadcrumb mixture and paprika over casserole.
- ☐ Bake an additional 10 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:27, Glycemic Load:0.45, Inflammation Score:-6, Nutrition Score:8.5617392140886%

Flavonoids

Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg

Nutrients (% of daily need)

Calories: 355.07kcal (17.75%), Fat: 30.35g (46.7%), Saturated Fat: 7.18g (44.9%), Carbohydrates: 16.47g (5.49%), Net Carbohydrates: 14.7g (5.35%), Sugar: 2.57g (2.85%), Cholesterol: 28.49mg (9.5%), Sodium: 483.86mg (21.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.99g (9.97%), Vitamin K: 42.9µg (40.86%), Vitamin C: 16.6mg (20.12%), Selenium: 13.19µg (18.84%), Vitamin A: 733.15IU (14.66%), Vitamin E: 1.96mg (13.04%), Manganese: 0.21mg (10.34%), Phosphorus: 94.3mg (9.43%), Calcium: 85.43mg (8.54%), Fiber: 1.77g (7.07%), Vitamin B2: 0.11mg (6.26%), Copper: 0.11mg (5.64%), Vitamin B6: 0.1mg (5.12%), Vitamin B1: 0.07mg (4.72%), Iron: 0.85mg (4.71%), Zinc: 0.69mg (4.62%), Magnesium: 18.26mg (4.57%), Potassium: 145.37mg (4.15%), Vitamin B3: 0.79mg (3.94%), Folate: 15.07µg (3.77%), Vitamin B5: 0.34mg (3.37%), Vitamin B12: 0.15µg (2.47%)