



Macaroni Salad

 Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



431 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup pepper black
- 1 cup celery diced
- 2 cups elbow macaroni cooked
- 0.3 cup garlic powder
- 0.3 cup bell pepper diced green
- 2 tablespoons green onions diced
- 3 hardboiled eggs chopped
- 1 teaspoon lemon pepper

- 1 cup mayonnaise
- 1 tablespoon pimento chopped
- 1 cup salt
- 6 servings salt and freshly cracked pepper black
- 1 tablespoon mustard yellow prepared

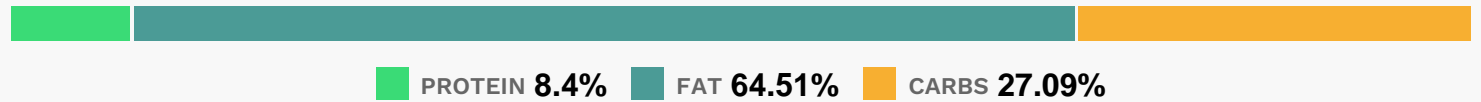
Equipment

- bowl

Directions

- Mix all the ingredients together in a large bowl. Cover and put into the refrigerator until ready to serve.
- Mix ingredients together and store in an airtight container for up to 6 months.

Nutrition Facts



Properties

Glycemic Index:53.28, Glycemic Load:8.59, Inflammation Score:-5, Nutrition Score:16.956086780714%

Flavonoids

Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 431.02kcal (21.55%), Fat: 31.55g (48.54%), Saturated Fat: 5.45g (34.08%), Carbohydrates: 29.8g (9.93%), Net Carbohydrates: 24.91g (9.06%), Sugar: 1.6g (1.78%), Cholesterol: 108.93mg (36.31%), Sodium: 19374.4mg (842.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.25g (18.49%), Vitamin K: 87.47µg (83.31%), Manganese: 1.65mg (82.28%), Selenium: 24.72µg (35.31%), Fiber: 4.9g (19.59%), Phosphorus: 144.07mg (14.41%), Vitamin B6: 0.28mg (14.23%), Iron: 2.49mg (13.85%), Copper: 0.27mg (13.74%), Vitamin E: 1.79mg (11.94%), Vitamin B2: 0.19mg (11.37%), Potassium: 385.2mg (11.01%), Vitamin C: 8.62mg (10.45%), Magnesium: 41.03mg (10.26%), Calcium: 94.03mg (9.4%), Vitamin A: 396.65IU (7.93%), Folate: 30.81µg (7.7%), Vitamin B5: 0.74mg (7.39%), Zinc: 1.08mg (7.21%), Vitamin B1: 0.1mg (6.46%), Vitamin B12: 0.32µg (5.37%), Vitamin D: 0.62µg (4.16%), Vitamin B3: 0.52mg (2.62%)