

# Macaroni Salad

 Vegetarian  Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



287 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 8 servings pepper black freshly ground
- 1 large carrots grated peeled
- 2 celery stalks finely chopped
- 3 tablespoons dill relish sweet
- 8 ounces elbow macaroni
- 4 hardboiled eggs
- 0.7 cup mayonnaise
- 1 tablespoon pimento chopped

- 8 servings salt
- 0.5 vidalia onion finely chopped

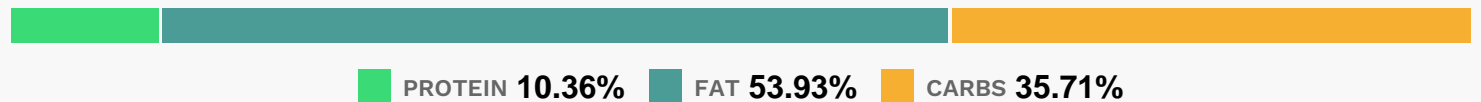
## Equipment

- bowl
- pot

## Directions

- Bring a large pot of salted water to a boil. Cook the macaroni according to the package directions.
- Drain well and transfer to a large serving bowl.
- Add the mayonnaise, sweet dill relish, pimentos, celery, carrots and onions to another bowl and sprinkle with salt and pepper.
- Add the eggs and mash them into the mayonnaise mixture using a fork.
- Pour the macaroni into the mixture and stir to incorporate.
- Serve it while it's still warm.

## Nutrition Facts



## Properties

Glycemic Index:25.73, Glycemic Load:0.39, Inflammation Score:-8, Nutrition Score:9.4943478003792%

## Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg

## Nutrients (% of daily need)

Calories: 287.2kcal (14.36%), Fat: 17.12g (26.34%), Saturated Fat: 3.09g (19.3%), Carbohydrates: 25.5g (8.5%), Net Carbohydrates: 23.99g (8.72%), Sugar: 2.68g (2.98%), Cholesterol: 101.09mg (33.7%), Sodium: 415.4mg (18.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.4g (14.79%), Selenium: 26.17µg (37.39%), Vitamin A: 1710.09IU

(34.2%), Vitamin K: 32.43µg (30.88%), Manganese: 0.31mg (15.66%), Phosphorus: 112.28mg (11.23%), Vitamin B2: 0.16mg (9.56%), Vitamin E: 0.98mg (6.56%), Fiber: 1.51g (6.06%), Folate: 24.07µg (6.02%), Vitamin B6: 0.12mg (5.91%), Copper: 0.11mg (5.6%), Vitamin B5: 0.55mg (5.53%), Magnesium: 22.14mg (5.53%), Zinc: 0.76mg (5.05%), Iron: 0.91mg (5.05%), Vitamin B12: 0.3µg (5%), Potassium: 163.85mg (4.68%), Vitamin C: 3.56mg (4.32%), Vitamin B1: 0.06mg (4.08%), Vitamin D: 0.59µg (3.92%), Vitamin B3: 0.66mg (3.3%), Calcium: 28.43mg (2.84%)