



Macaroni Salad

READY IN



45 min.

SERVINGS



4

CALORIES



458 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 2 cups broccoli florets
- ☐ 1 cup ground beef cubed
- ☐ 2 tablespoons parsley dried fresh finely chopped
- ☐ 4 hardboiled eggs
- ☐ 2 cups .5 oz. macaroni uncooked
- ☐ 3 tablespoons mayonnaise
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup cream fat-free sour

☐ 0.3 cup onion sweet white finely chopped

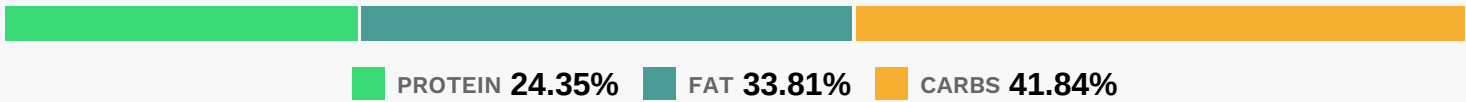
Equipment

- ☐ bowl
- ☐ knife
- ☐ microwave

Directions

- ☐ Prep time: 15 minutes Cooking time: about 15 minutes Cook the macaroni, following package directions.
- ☐ Drain well, rinse with cold water, and let cool. While pasta is boiling, cook the broccoli in the microwave until just tender (about 4 minutes).
- ☐ Place macaroni in a serving bowl; add broccoli, ham, onion, parsley, salt, and pepper to taste. In a small bowl, blend mayonnaise with sour cream, then add mixture to pasta. Peel cooled eggs (discard 2 of the yolks). Chop the remaining eggs and gently stir them into the macaroni mixture.
- ☐ Add more salt and pepper if needed. You can make this salad a day ahead and refrigerate overnight, or serve it right away. How kids can help: Measure macaroni; mix dressing; mix macaroni and other ingredients; peel eggs, chop with plastic knife, and stir them into salad.

Nutrition Facts



Properties

Glycemic Index:35.25, Glycemic Load:0.84, Inflammation Score:-7, Nutrition Score:25.173478354578%

Flavonoids

Apigenin: 45.04mg, Apigenin: 45.04mg, Apigenin: 45.04mg, Apigenin: 45.04mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Isorhamnetin: 3.81mg, Isorhamnetin: 3.81mg, Isorhamnetin: 3.81mg, Isorhamnetin: 3.81mg Kaempferol: 3.63mg, Kaempferol: 3.63mg, Kaempferol: 3.63mg, Kaempferol: 3.63mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg

Nutrients (% of daily need)

Calories: 457.56kcal (22.88%), Fat: 17g (26.15%), Saturated Fat: 4.34g (27.15%), Carbohydrates: 47.34g (15.78%), Net Carbohydrates: 44.01g (16%), Sugar: 3.37g (3.74%), Cholesterol: 227.51mg (75.84%), Sodium: 361.27mg (15.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.54g (55.09%), Selenium: 60.96µg (87.08%), Vitamin K: 77.69µg (74%), Vitamin C: 42.58mg (51.61%), Manganese: 0.72mg (36.02%), Phosphorus: 354.46mg (35.45%), Vitamin B12: 1.89µg (31.42%), Zinc: 4.5mg (30%), Vitamin B2: 0.49mg (28.78%), Vitamin B6: 0.46mg (23.06%), Vitamin B3: 4.43mg (22.16%), Iron: 3.22mg (17.9%), Folate: 69.28µg (17.32%), Potassium: 588.09mg (16.8%), Vitamin B5: 1.59mg (15.89%), Magnesium: 61.95mg (15.49%), Fiber: 3.33g (13.3%), Vitamin A: 619.3IU (12.39%), Copper: 0.24mg (12.1%), Calcium: 101.5mg (10.15%), Vitamin E: 1.52mg (10.15%), Vitamin B1: 0.15mg (10.07%), Vitamin D: 1.18µg (7.85%)