

## Macaroni Salad I

READY IN



45 min.

SERVINGS



8

CALORIES



244 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 small cucumbers chopped
- 1 bell pepper green chopped
- 8 servings ground pepper black to taste
- 2 cups macaroni
- 0.3 cup milk
- 1 onion chopped
- 1.8 cups creamy salad dressing
- 8 servings salt to taste
- 2 tomatoes chopped

## Equipment

bowl

pot

## Directions

Cook macaroni pasta in a large pot with boiling salted water until al dente. Rinse with cool water and drain.

In a large bowl add the chopped cucumber, tomatoes, green bell pepper, and onion.

Blend the milk and creamy salad dressing together in a small bowl until smooth and to your liking of thickness.

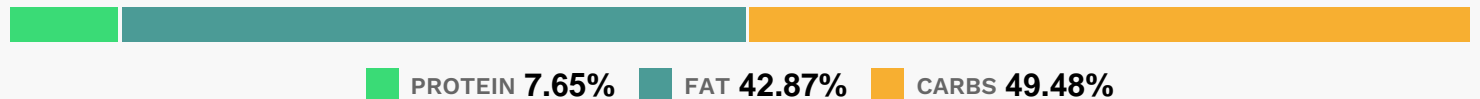
Add cooled pasta and salad dressing mixture to large bowl of chopped vegetables.

Add salt and pepper to taste.

Refrigerate until chilled.

Serve.

## Nutrition Facts



## Properties

Glycemic Index:20, Glycemic Load:0.88, Inflammation Score:-5, Nutrition Score:8.6026088154834%

## Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg

## Nutrients (% of daily need)

Calories: 244.34kcal (12.22%), Fat: 11.65g (17.93%), Saturated Fat: 1.76g (11%), Carbohydrates: 30.26g (10.09%), Net Carbohydrates: 28.27g (10.28%), Sugar: 8.91g (9.9%), Cholesterol: 0.92mg (0.31%), Sodium: 712.07mg (30.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.68g (9.35%), Vitamin K: 35.43µg (33.74%), Selenium: 17.88µg (25.54%), Vitamin C: 18.66mg (22.62%), Manganese: 0.37mg (18.5%), Vitamin E: 1.4mg (9.3%), Phosphorus: 87.82mg

(8.78%), Vitamin B6: 0.17mg (8.48%), Potassium: 287.23mg (8.21%), Fiber: 2g (7.99%), Copper: 0.15mg (7.43%), Vitamin A: 371.31IU (7.43%), Magnesium: 28.56mg (7.14%), Vitamin B1: 0.08mg (5.11%), Folate: 18.98µg (4.75%), Iron: 0.74mg (4.09%), Vitamin B3: 0.81mg (4.04%), Zinc: 0.6mg (4.01%), Calcium: 35.39mg (3.54%), Vitamin B5: 0.3mg (2.97%), Vitamin B2: 0.05mg (2.94%)