

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

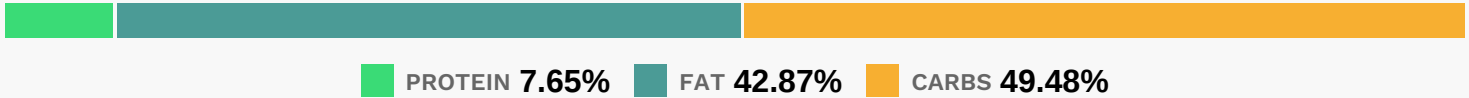
Equipment

- ☐ 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: Og (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%), Vitamin A: 371.31IU (7.43%), Copper: 0.15mg (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%)