



Macaroni Salad II

 Dairy Free

READY IN



480 min.

SERVINGS



8

CALORIES



457 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 11 ounce mandarin orange segents drained canned
- ☐ 2 eggs beaten
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 teaspoon juice of lemon
- ☐ 1 pound macaroni
- ☐ 20 1 (20 ounce) can pineapple chunks canned
- ☐ 0.5 teaspoon salt
- ☐ 8 ounce non-dairy whipped topping frozen thawed

☐ 1.5 cups sugar white

Equipment

☐ sauce pan

☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- ☐ In a medium saucepan over medium heat, combine reserved mandarin juice, reserved pineapple juice, eggs, salt, sugar, flour and lemon juice. Stir well and bring to a boil.
- ☐ Remove from heat and pour over cooked macaroni. Chill overnight in refrigerator.
- ☐ Stir together juiced macaroni, pineapple, oranges and whipped topping.
- ☐ Serve at once.

Nutrition Facts



Properties

Glycemic Index:18.14, Glycemic Load:27.21, Inflammation Score:-5, Nutrition Score:9.9830433804056%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 457.24kcal (22.86%), Fat: 5.77g (8.88%), Saturated Fat: 3.71g (23.19%), Carbohydrates: 91.99g (30.66%), Net Carbohydrates: 89.62g (32.59%), Sugar: 49.26g (54.74%), Cholesterol: 41.49mg (13.83%), Sodium: 187.17mg (8.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.13g (20.26%), Selenium: 40.92µg (58.46%), Manganese: 0.54mg (26.89%), Vitamin C: 13.69mg (16.6%), Phosphorus: 156.46mg (15.65%), Vitamin A: 593.09IU (11.86%), Copper: 0.2mg (9.94%), Magnesium: 38.47mg (9.62%), Fiber: 2.37g (9.47%), Vitamin B2: 0.14mg (8.17%), Zinc: 1.2mg (7.98%), Vitamin B1: 0.11mg (7.52%), Potassium: 229.8mg (6.57%), Iron: 1.18mg (6.54%), Vitamin B3: 1.29mg (6.46%), Vitamin B6: 0.12mg (6.23%), Folate: 21.86µg (5.46%), Calcium: 44.06mg (4.41%), Vitamin B5:

0.42mg (4.22%), Vitamin B12: 0.15µg (2.58%), Vitamin E: 0.38mg (2.54%), Vitamin D: 0.22µg (1.47%)