



Macaroni Salad Virginia Style

READY IN



45 min.

SERVINGS



6

CALORIES



605 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons butter melted
- 0.5 cucumber sliced
- 1 eggs beaten
- 3 eggs
- 1 teaspoon flour all-purpose
- 1 bell pepper diced green
- 2 cups .5 oz. macaroni
- 2 cups .5 oz. macaroni
- 1 cup mayonnaise

- 1 teaspoon salt
- 0.3 cup tarragon vinegar
- 1 large tomatoes diced

Equipment

- bowl
- sauce pan

Directions

- In a saucepan over medium heat, mix together butter, tarragon vinegar, flour and egg. Stirring continuously, heat 10 minutes, or until the mixture begins to thicken.
- Remove from heat and allow to cool 10 minutes.
- In a large bowl, prepare the sauce by combining the tarragon vinegar mixture with mayonnaise.
- Place eggs in a medium saucepan and cover with cold water. Bring water to a boil and immediately remove from heat. Cover and let eggs stand in hot water for 10 to 12 minutes.
- Remove from hot water, cool, peel and chop.
- Bring a large saucepan of lightly salted water to a boil. Cook the macaroni 10 minutes, or until al dente.
- Drain and pour into the bowl with the sauce. Stir until the macaroni is well coated.
- Mix the coated macaroni with the eggs, cucumber, tomato, green bell pepper and salt.

Nutrition Facts



PROTEIN 9.24% **FAT 53.63%** **CARBS 37.13%**

Properties

Glycemic Index:48, Glycemic Load:0.72, Inflammation Score:-5, Nutrition Score:17.043043281721%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.61mg,

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Nutrients (% of daily need)

Calories: 604.53kcal (30.23%), Fat: 35.69g (54.91%), Saturated Fat: 7.9g (49.39%), Carbohydrates: 55.59g (18.53%), Net Carbohydrates: 52.47g (19.08%), Sugar: 3.82g (4.24%), Cholesterol: 134.83mg (44.94%), Sodium: 703.34mg (30.58%), Alcohol: 0g (100%), Protein: 13.84g (27.68%), Selenium: 54.34µg (77.63%), Vitamin K: 67µg (63.81%), Manganese: 0.74mg (36.94%), Vitamin C: 20.9mg (25.34%), Phosphorus: 216.62mg (21.66%), Copper: 0.28mg (14.03%), Vitamin E: 1.96mg (13.08%), Vitamin A: 643.35IU (12.87%), Fiber: 3.13g (12.5%), Magnesium: 49.6mg (12.4%), Vitamin B2: 0.2mg (12%), Vitamin B6: 0.23mg (11.7%), Zinc: 1.55mg (10.33%), Potassium: 346.41mg (9.9%), Folate: 39.04µg (9.76%), Iron: 1.73mg (9.61%), Vitamin B5: 0.93mg (9.29%), Vitamin B3: 1.52mg (7.59%), Vitamin B1: 0.11mg (7.44%), Vitamin B12: 0.31µg (5.23%), Calcium: 44.68mg (4.47%), Vitamin D: 0.66µg (4.41%)