



Macaroni Salad with Bacon, Peas, and Creamy Dijon Dressing

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



155 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.8 teaspoon pepper black
- ☐ 2 tablespoons dijon mustard
- ☐ 8 ounces elbow macaroni uncooked
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 0.5 cup green onions thinly sliced
- ☐ 0.7 cup peas fresh green
- ☐ 0.5 teaspoon kosher salt

- ☐ 2 tablespoons juice of lemon
- ☐ 0.5 teaspoon lemon rind grated
- ☐ 0.3 cup mayonnaise reduced-fat
- ☐ 3 lower-sodium bacon crumbled cooked
- ☐ 0.7 cup bell pepper diced red finely
- ☐ 0.7 cup onion diced red finely
- ☐ 0.3 cup shallots chopped
- ☐ 2 tablespoons cup heavy whipping cream fat-free sour
- ☐ 1 tablespoon citrus champagne vinegar

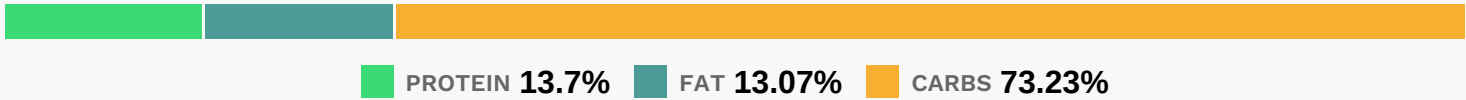
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ To prepare dressing, combine first 9 ingredients in a food processor, and process until smooth. Cover and chill.
- ☐ To prepare salad, cook pasta according to package directions, omitting salt and fat; add peas during the last 3 minutes of cooking time.
- ☐ Drain; rinse with cold water.
- ☐ Drain.
- ☐ Combine pasta mixture, bell pepper, and next 4 ingredients (through rind) in a large bowl. Toss pasta mixture with half of dressing. Cover and chill until ready to serve. Toss salad with remaining dressing, and sprinkle with crumbled bacon; serve immediately.

Nutrition Facts



Properties

Glycemic Index:32.67, Glycemic Load:1.35, Inflammation Score:-7, Nutrition Score:10.270869624356%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 3.42mg, Quercetin: 3.42mg, Quercetin: 3.42mg, Quercetin: 3.42mg

Nutrients (% of daily need)

Calories: 154.62kcal (7.73%), Fat: 2.26g (3.47%), Saturated Fat: 0.36g (2.26%), Carbohydrates: 28.46g (9.49%), Net Carbohydrates: 25.68g (9.34%), Sugar: 3.69g (4.1%), Cholesterol: 1.39mg (0.46%), Sodium: 268.72mg (11.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.32g (10.65%), Vitamin K: 51.56µg (49.1%), Vitamin C: 27.61mg (33.47%), Selenium: 19.97µg (28.53%), Manganese: 0.42mg (20.93%), Vitamin A: 718.55IU (14.37%), Fiber: 2.78g (11.12%), Phosphorus: 90.9mg (9.09%), Folate: 32.4µg (8.1%), Vitamin B6: 0.15mg (7.51%), Magnesium: 28.72mg (7.18%), Copper: 0.13mg (6.66%), Potassium: 211mg (6.03%), Vitamin B1: 0.09mg (6.01%), Iron: 1.03mg (5.73%), Vitamin B3: 0.98mg (4.89%), Zinc: 0.73mg (4.86%), Vitamin B2: 0.06mg (3.78%), Vitamin E: 0.47mg (3.15%), Calcium: 30.8mg (3.08%), Vitamin B5: 0.25mg (2.49%)