



## Magnificent Macaroni Salad

 Vegetarian  Dairy Free

READY IN



50 min.

SERVINGS



5

CALORIES



828 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.8 teaspoon celery seed
- 3 cups elbow macaroni
- 0.3 cup parsley fresh chopped
- 3 hard-cooked eggs chopped
- 1.5 cups mayonnaise
- 0.3 large onion minced
- 2 teaspoons rice vinegar
- 0.5 teaspoon salt

- 1 teaspoon sugar white to taste
- 2 tablespoons mustard yellow prepared

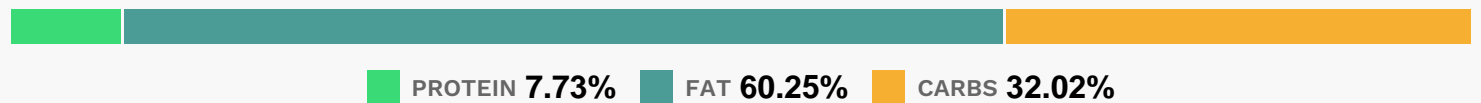
## Equipment

- bowl
- pot

## Directions

- Bring a large pot of lightly salted water to a boil. Cook elbow macaroni in the boiling water, stirring occasionally, until cooked through but firm to the bite, 8 minutes; drain.
- Rinse macaroni in cold water until cool; drain.
- Stir mayonnaise, onion, parsley, mustard, rice vinegar, sugar, celery seed, and salt together in a bowl; add macaroni and eggs and stir to coat.
- Chill in refrigerator for 30 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:52.22, Glycemic Load:1, Inflammation Score:-6, Nutrition Score:19.107391191565%

## Flavonoids

Apigenin: 6.7mg, Apigenin: 6.7mg, Apigenin: 6.7mg, Apigenin: 6.7mg Luteolin: 2.32mg, Luteolin: 2.32mg, Luteolin: 2.32mg, Luteolin: 2.32mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

## Nutrients (% of daily need)

Calories: 828.46kcal (41.42%), Fat: 55.03g (84.66%), Saturated Fat: 9.1g (56.91%), Carbohydrates: 65.81g (21.94%), Net Carbohydrates: 62.56g (22.75%), Sugar: 4.3g (4.78%), Cholesterol: 140.12mg (46.71%), Sodium: 770.12mg (33.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.88g (31.76%), Vitamin K: 159.04µg (151.47%), Selenium: 66.02µg (94.31%), Manganese: 0.85mg (42.5%), Phosphorus: 237.31mg (23.73%), Vitamin E: 2.65mg (17.7%), Copper: 0.28mg (13.84%), Magnesium: 54.92mg (13.73%), Vitamin B2: 0.23mg (13.39%), Fiber: 3.25g (13%), Zinc: 1.71mg (11.4%), Iron: 2.03mg (11.28%), Folate: 38.59µg (9.65%), Vitamin B5: 0.94mg (9.39%), Vitamin A:

457.02IU (9.14%), Vitamin B6: 0.18mg (9.12%), Vitamin B1: 0.12mg (8.11%), Potassium: 283.08mg (8.09%), Vitamin B3: 1.54mg (7.7%), Vitamin B12: 0.41µg (6.89%), Vitamin C: 4.81mg (5.82%), Calcium: 53.81mg (5.38%), Vitamin D: 0.79µg (5.3%)