



Main Dish Macaroni Salad

READY IN



45 min.

SERVINGS



8

CALORIES



292 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups cherry tomatoes halved
- ☐ 2 cups rotini pasta
- ☐ 1.5 cups ham diced
- ☐ 1 clove garlic minced
- ☐ 1 cup mayonnaise
- ☐ 2 tablespoons milk
- ☐ 0.3 cup parmesan cheese grated
- ☐ 0.3 cup parsley chopped

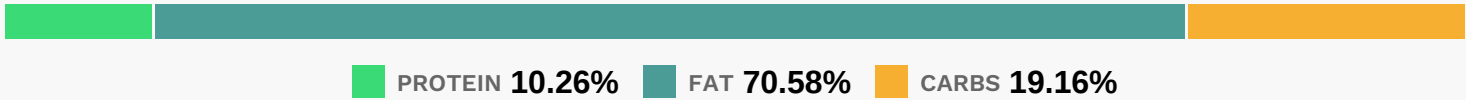
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Cook pasta in a large pot of boiling water until al dente.
- ☐ Drain, rinse, and drain once more. Set aside.
- ☐ In a large bowl, combine mayonnaise, grated cheese, parsley, milk, and garlic.
- ☐ Mix well. Stir in pasta, ham, and tomatoes. Chill several hours.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:4.7, Inflammation Score:-4, Nutrition Score:7.8539130946864%

Flavonoids

Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 292.3kcal (14.61%), Fat: 22.99g (35.36%), Saturated Fat: 3.88g (24.25%), Carbohydrates: 14.04g (4.68%), Net Carbohydrates: 13.23g (4.81%), Sugar: 2.07g (2.3%), Cholesterol: 26.38mg (8.79%), Sodium: 518.66mg (22.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.52g (15.04%), Vitamin K: 77.52µg (73.83%), Selenium: 11.53µg (16.47%), Vitamin C: 11.1mg (13.46%), Manganese: 0.19mg (9.53%), Vitamin E: 1.18mg (7.84%), Vitamin A: 391.44IU (7.83%), Phosphorus: 69.92mg (6.99%), Calcium: 44.99mg (4.5%), Iron: 0.78mg (4.34%), Potassium: 143.52mg (4.1%), Copper: 0.08mg (4.09%), Magnesium: 14.16mg (3.54%), Fiber: 0.81g (3.24%), Zinc: 0.48mg (3.21%), Vitamin B6: 0.06mg (3.21%), Folate: 11.99µg (3%), Vitamin B3: 0.49mg (2.43%), Vitamin B2: 0.04mg (2.4%), Vitamin B1: 0.04mg (2.33%), Vitamin B5: 0.19mg (1.95%), Vitamin B12: 0.1µg (1.6%)