



Marinated Macaroni Salad

 Dairy Free

READY IN



100 min.

SERVINGS



8

CALORIES



262 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup canola oil
- ☐ 1 cup cucumber chopped
- ☐ 1 bell pepper green chopped
- ☐ 0.5 teaspoon ground pepper black
- ☐ 0.7 cup catsup
- ☐ 1 small onion diced
- ☐ 4 cups rotini pasta
- ☐ 2 teaspoons salt

- ☐ 2 tomatoes chopped
- ☐ 0.7 cup sugar white
- ☐ 0.5 cup vinegar white

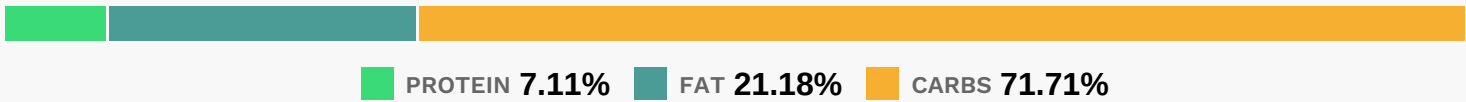
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot

Directions

- ☐ Whisk canola oil, sugar, ketchup, vinegar, salt, and black pepper together in a bowl. Set aside to let the flavors blend for 30 minutes.
- ☐ Bring a large pot of lightly salted water to a boil. Cook the rotini at a boil until tender yet firm to the bite, about 8 minutes; drain. Rinse with cold water to cool; drain.
- ☐ Combine cooled pasta, tomatoes, onion, green bell pepper, and cucumber in a bowl.
- ☐ Drizzle the dressing over the pasta mixture and toss to coat.
- ☐ Chill in refrigerator for 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:35.51, Glycemic Load:21.23, Inflammation Score:-5, Nutrition Score:7.4808695316315%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg

Nutrients (% of daily need)

Calories: 262.36kcal (13.12%), Fat: 6.25g (9.62%), Saturated Fat: 0.52g (3.27%), Carbohydrates: 47.63g (15.88%),
Net Carbohydrates: 45.69g (16.62%), Sugar: 23.47g (26.08%), Cholesterol: 0mg (0%), Sodium: 767.75mg (33.38%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.73g (9.45%), Selenium: 19.35µg (27.64%), Vitamin C: 18.17mg
(22.03%), Manganese: 0.4mg (19.92%), Vitamin E: 1.53mg (10.23%), Vitamin K: 9.59µg (9.13%), Vitamin A: 426.61IU
(8.53%), Phosphorus: 79.12mg (7.91%), Fiber: 1.94g (7.75%), Vitamin B6: 0.15mg (7.57%), Copper: 0.15mg (7.56%),
Potassium: 259.83mg (7.42%), Magnesium: 26.63mg (6.66%), Vitamin B3: 1.07mg (5.34%), Folate: 17.31µg (4.33%),
Vitamin B2: 0.07mg (4.18%), Vitamin B1: 0.06mg (3.89%), Zinc: 0.58mg (3.85%), Iron: 0.68mg (3.77%), Vitamin B5:
0.23mg (2.33%), Calcium: 20.24mg (2.02%)