



Mega Egga Macaroni Salad

 Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



1494 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 celery stalks diced finely
- 12 hardboiled eggs diced peeled
- 2 pounds elbow noodles
- 1 Dash hot sauce
- 3 cups heavy mayonnaise
- 0.5 onion diced finely
- 1 teaspoon coarsely cracked pepper black
- 0.3 cup relish

- 2 tablespoons salt to taste
- 1 tablespoon worcestershire sauce

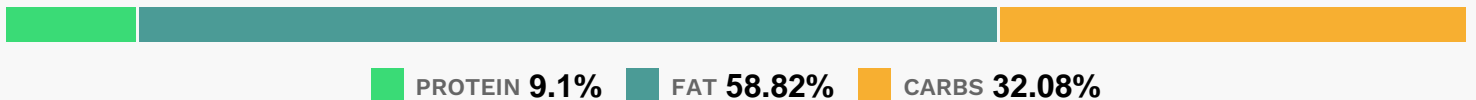
Equipment

- bowl
- pot

Directions

- Watch how to make this recipe.
- In a large pot with salt, boil pasta for 12 to 15 minutes until cooked. Stir often.
- Drain and cool. Refrigerate for 30 minutes.
- In a large pot with a dash of salt, add eggs on medium high heat. Bring to a boil. Cover and remove from heat.
- Let eggs sit for 6 to 7 minutes.
- Remove eggs and shock in ice water. Once thoroughly cooled, peel eggs and roughly dice.
- Place pasta in a large bowl.
- Add onions, celery, eggs, relish, mayonnaise, salt and pepper, hot sauce and Worcestershire.
- Mix until well combined.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.56, Inflammation Score:-6, Nutrition Score:29.230869697488%

Flavonoids

Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg

Nutrients (% of daily need)

Calories: 1493.85kcal (74.69%), Fat: 96.74g (148.83%), Saturated Fat: 16.8g (105.02%), Carbohydrates: 118.72g (39.57%), Net Carbohydrates: 113.45g (41.25%), Sugar: 6.51g (7.23%), Cholesterol: 420.04mg (140.01%), Sodium: 3320.51mg (144.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.68g (67.36%), Selenium: 129.03µg (184.32%), Vitamin K: 184.4µg (175.62%), Manganese: 1.48mg (74.25%), Phosphorus: 490.88mg (49.09%), Vitamin B2: 0.64mg (37.49%), Vitamin E: 4.88mg (32.56%), Copper: 0.5mg (24.8%), Magnesium: 95.4mg (23.85%), Zinc: 3.41mg (22.7%), Vitamin B5: 2.27mg (22.66%), Fiber: 5.27g (21.09%), Iron: 3.74mg (20.8%), Vitamin B12: 1.24µg (20.74%), Folate: 79.9µg (19.98%), Vitamin B6: 0.36mg (18.01%), Vitamin D: 2.42µg (16.16%), Potassium: 541.42mg (15.47%), Vitamin B1: 0.22mg (14.96%), Vitamin B3: 2.73mg (13.64%), Vitamin A: 626.02IU (12.52%), Calcium: 100.34mg (10.03%), Vitamin C: 1.24mg (1.51%)