



## Mindy's Macaroni Salad

 Dairy Free

READY IN



145 min.

SERVINGS



6

CALORIES



335 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 3 tablespoons apple cider vinegar
- 0.8 cup celery chopped
- 2 cups elbow macaroni dry
- 3 hard-cooked eggs chopped
- 1 medium gherkin pickle diced sweet
- 0.8 cup creamy salad dressing
- 1 teaspoon salt
- 0.3 cup onion sweet chopped

- 0.3 cup sugar white
- 2 tablespoons mustard yellow prepared

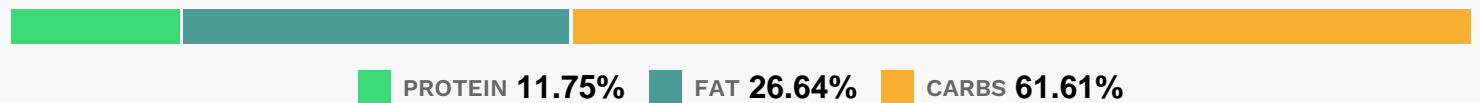
## Equipment

- bowl
- pot

## Directions

- Bring a large pot of lightly salted water to a boil.
- Place macaroni in the pot, and cook for 8 to 10 minutes, or until al dente.
- Drain and rinse under cold water.
- In a large bowl, mix the macaroni, celery, sweet onion, pimentos, and pickle. In a separate bowl, mix the creamy salad dressing, mustard, vinegar, sugar, and salt. Stir dressing into the macaroni mixture. Fold in the eggs. Chill in the refrigerator at least 2 hours before serving.

## Nutrition Facts



## Properties

Glycemic Index:29.02, Glycemic Load:7.86, Inflammation Score:-3, Nutrition Score:9.9113043183866%

## Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

## Nutrients (% of daily need)

Calories: 334.99kcal (16.75%), Fat: 9.83g (15.13%), Saturated Fat: 1.84g (11.49%), Carbohydrates: 51.18g (17.06%), Net Carbohydrates: 49.1g (17.85%), Sugar: 16.53g (18.37%), Cholesterol: 93.25mg (31.08%), Sodium: 866.73mg (37.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.76g (19.51%), Selenium: 39.64µg (56.63%), Manganese: 0.51mg (25.38%), Vitamin K: 22.19µg (21.13%), Phosphorus: 148.17mg (14.82%), Vitamin B2: 0.18mg (10.37%), Magnesium: 34.23mg (8.56%), Fiber: 2.08g (8.31%), Copper: 0.16mg (8%), Vitamin B6: 0.14mg (7.02%), Vitamin E: 1.02mg (6.79%), Zinc: 1.02mg (6.77%), Folate: 26.69µg (6.67%), Potassium: 226.41mg (6.47%), Iron: 1.15mg (6.4%),

Vitamin B5: 0.61mg (6.09%), Vitamin B1: 0.08mg (5.62%), Vitamin B3: 0.94mg (4.68%), Vitamin B12: 0.28µg (4.63%), Vitamin A: 220.7IU (4.41%), Calcium: 42.38mg (4.24%), Vitamin D: 0.55µg (3.67%), Vitamin C: 1.08mg (1.3%)