



WHATShEATE



Modern Macaroni Salad



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



524 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.3 cups bread drained chopped
- ☐ 1.3 cups celery chopped
- ☐ 0.3 cup dijon mustard
- ☐ 10 ounces elbow macaroni
- ☐ 0.5 cup spring onion thinly sliced
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.7 cup mayonnaise
- ☐ 8 ounce pimientos drained sliced

☐ 1.5 tablespoons sugar

Equipment

☐ bowl

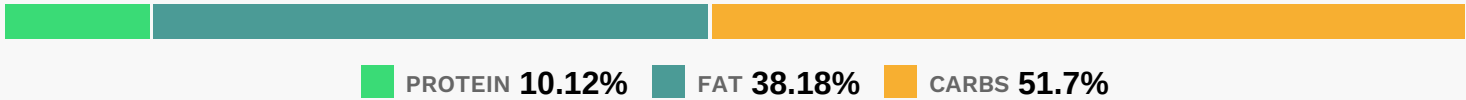
☐ whisk

☐ pot

Directions

- ☐ Cook macaroni in large pot of boiling salted water just until tender but still firm to bite, stirring occasionally.
- ☐ Drain. Rinse under cold water; drain well.
- ☐ Whisk mayonnaise, mustard, lemon juice and sugar in large bowl.
- ☐ Mix in macaroni, pickles, celery, pimientos and onions. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:53.29, Glycemic Load:16.5, Inflammation Score:-8, Nutrition Score:21.553478555835%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.6mg, Apigenin: 0.6mg, Apigenin: 0.6mg, Apigenin: 0.6mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 523.77kcal (26.19%), Fat: 22.28g (34.27%), Saturated Fat: 3.47g (21.69%), Carbohydrates: 67.87g (22.62%), Net Carbohydrates: 62.38g (22.68%), Sugar: 9.41g (10.46%), Cholesterol: 10.45mg (3.48%), Sodium: 548.36mg (23.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.29g (26.58%), Selenium: 49.34µg (70.48%), Vitamin K: 70.62µg (67.26%), Manganese: 1.18mg (58.77%), Vitamin C: 43.61mg (52.86%), Vitamin A: 1206.03IU (24.12%), Fiber: 5.5g (22%), Vitamin B3: 4.2mg (21%), Iron: 3.67mg (20.41%), Vitamin B1: 0.3mg (19.92%), Phosphorus: 190.03mg (19%), Folate: 71.72µg (17.93%), Magnesium: 58.75mg (14.69%), Copper: 0.26mg (13.24%), Vitamin B2: 0.22mg (12.94%), Vitamin B6: 0.26mg (12.85%), Potassium: 355.91mg (10.17%), Calcium: 101.56mg

(10.16%), Zinc: 1.47mg (9.78%), Vitamin E: 1.43mg (9.55%), Vitamin B5: 0.78mg (7.77%)