



Mom's Best Macaroni Salad

 Vegetarian  Popular

READY IN



30 min.

SERVINGS



16

CALORIES



412 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 carrots shredded
- 1 cup celery chopped
- 16 ounces elbow macaroni uncooked
- 0.5 bell pepper green seeded chopped
- 2 cups mayonnaise
- 0.5 bell pepper red seeded chopped
- 1 large onion red chopped
- 16 servings salt and pepper to taste

- 14 ounce condensed milk sweetened canned
- 0.5 cup sugar white
- 0.5 cup vinegar white

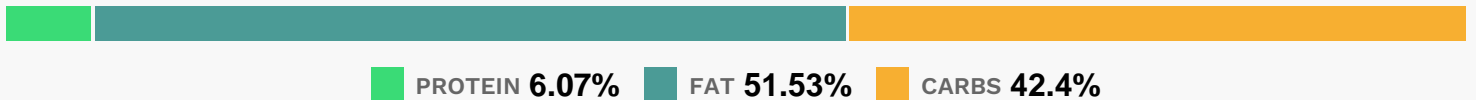
Equipment

- bowl
- pot

Directions

- Bring a large pot of lightly salted water to a boil.
- Add macaroni, and cook until tender, about 8 minutes. Rinse under cold water, and drain.
- In a large bowl, stir together the carrots, red onion, green pepper, red pepper and celery.
- Mix in the mayonnaise, condensed milk, sugar, vinegar, salt and pepper.
- Add the macaroni, toss gently, cover and refrigerate for at least 8 hours. I usually make this a day ahead of time, and stir it occasionally to blend the flavors. The macaroni will absorb some of the liquid.

Nutrition Facts



Properties

Glycemic Index:23.68, Glycemic Load:13.39, Inflammation Score:-9, Nutrition Score:11.381739033305%

Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

Nutrients (% of daily need)

Calories: 412.3kcal (20.61%), Fat: 23.62g (36.34%), Saturated Fat: 4.73g (29.57%), Carbohydrates: 43.74g (14.58%), Net Carbohydrates: 42.04g (15.29%), Sugar: 22g (24.44%), Cholesterol: 20.19mg (6.73%), Sodium: 421.12mg (18.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.26g (12.52%), Vitamin A: 2790.77IU (55.82%), Vitamin

K: 50.16µg (47.78%), Selenium: 22.39µg (31.98%), Manganese: 0.31mg (15.72%), Phosphorus: 133.1mg (13.31%), Vitamin C: 10mg (12.12%), Calcium: 89.07mg (8.91%), Vitamin B2: 0.15mg (8.54%), Vitamin E: 1.18mg (7.87%), Potassium: 250.78mg (7.17%), Fiber: 1.69g (6.77%), Magnesium: 25.87mg (6.47%), Vitamin B6: 0.11mg (5.41%), Copper: 0.11mg (5.34%), Zinc: 0.75mg (4.98%), Vitamin B1: 0.07mg (4.62%), Folate: 17.79µg (4.45%), Vitamin B5: 0.44mg (4.37%), Vitamin B3: 0.77mg (3.83%), Iron: 0.58mg (3.24%), Vitamin B12: 0.14µg (2.38%)