



Mom's Easy Macaroni Salad



Vegetarian



Gluten Free



Dairy Free



Popular

READY IN



25 min.

SERVINGS



4

CALORIES



346 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 pound macaroni pasta gluten-free dry for version (use rice or pasta)
- ☐ 4 servings salt
- ☐ 0.3 cup green onion chopped
- ☐ 0.5 teaspoon juice of lemon
- ☐ 1 hardboiled egg chopped
- ☐ 1 roasted bell pepper red chopped
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 0.3 cup a amount of mayonnaise generous

- ☐ 1 pinches several of paprika
- ☐ 4 servings pepper black freshly ground to taste

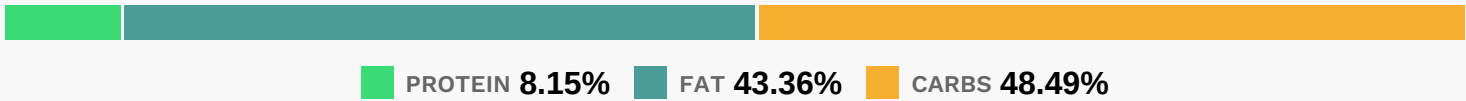
Equipment

- ☐ bowl

Directions

- ☐ Cook the pasta: In at least 2 quarts of salted water (1 1/2 teaspoons of salt per quart of water), cook the pasta according to package directions until al dente—still slightly firm.
- ☐ Remove from heat, drain and rinse with cool water until the pasta reaches room temperature.
- ☐ Soak the onions: While macaroni is cooking, put the chopped onions into a small bowl and sprinkle the lemon juice or vinegar over them. This will take the edge off the onions.
- ☐ Combine cooked macaroni, onions, and all other ingredients in a large serving bowl. Adjust seasonings to taste.

Nutrition Facts



Properties

Glycemic Index:44.5, Glycemic Load:0.17, Inflammation Score:-2, Nutrition Score:5.481304306051%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 346.4kcal (17.32%), Fat: 16.89g (25.98%), Saturated Fat: 3.12g (19.49%), Carbohydrates: 42.49g (14.16%), Net Carbohydrates: 41.12g (14.95%), Sugar: 0.43g (0.47%), Cholesterol: 54.47mg (18.16%), Sodium: 487.24mg (21.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.14g (14.29%), Vitamin K: 59.98µg (57.12%), Vitamin C: 7.37mg (8.93%), Iron: 1.14mg (6.35%), Selenium: 4.35µg (6.22%), Vitamin A: 280.2IU (5.6%), Fiber: 1.37g (5.48%), Vitamin E: 0.79mg (5.26%), Vitamin B2: 0.08mg (4.52%), Folate: 13.69µg (3.42%), Phosphorus: 30.44mg (3.04%),

Vitamin B12: 0.16µg (2.69%), Manganese: 0.04mg (2.23%), Vitamin B5: 0.22mg (2.22%), Vitamin D: 0.31µg (2.08%),
Vitamin B6: 0.04mg (1.96%), Calcium: 18.03mg (1.8%), Potassium: 58.32mg (1.67%), Zinc: 0.21mg (1.42%), Copper:
0.03mg (1.27%), Vitamin B1: 0.02mg (1.14%), Magnesium: 4.45mg (1.11%)