



Old-Fashioned Macaroni Salad

 Dairy Free

READY IN



155 min.

SERVINGS



6

CALORIES



531 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 stalks celery chopped
- 2 tablespoons dijon mustard
- 4 eggs
- 1 pound elbow macaroni
- 4 ounces ham steak finely chopped
- 6 servings kosher salt and pepper
- 2 tablespoons juice of lemon fresh
- 0.7 cup mayonnaise

- 3 tablespoons pickled relish sweet
- 4 ounce pimentos drained chopped
- 1 large shallots chopped

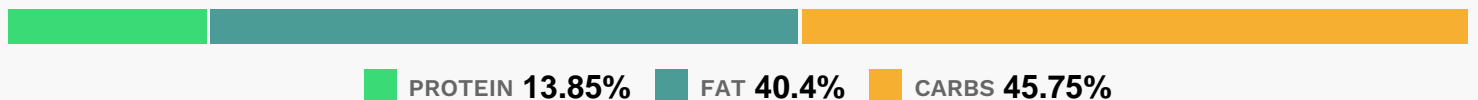
Equipment

- bowl
- sauce pan
- whisk
- pot

Directions

- Watch how to make this recipe.
- Add the eggs to a medium-sized saucepan. Cover with cold water and bring up to a boil over medium heat. Cover with a lid and turn off the heat.
- Let the eggs sit in the hot water for 14 minutes.
- Drain and cool under cold running water. Peel the eggs and chop. Reserve.
- While the eggs are cooking, bring a large pot of salted water to a boil over high heat and add the macaroni. Cook until al dente.
- Drain and rinse with cold water.
- In a large serving bowl, combine the eggs, ham steak, celery, shallots and lemon juice
- Add the macaroni and stir to combine.
- In a separate bowl, whisk together the mayonnaise, mustard, pickled relish, and salt and pepper, to taste.
- Add the dressing to the macaroni and toss to coat. Season with more salt and pepper, if needed. Cover and chill for 2 hours for the flavors to meld.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:0.65, Inflammation Score:-7, Nutrition Score:18.963913088259%

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: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 531.32kcal (26.57%), Fat: 23.64g (36.37%), Saturated Fat: 4.34g (27.15%), Carbohydrates: 60.22g (20.07%), Net Carbohydrates: 56.66g (20.6%), Sugar: 4.01g (4.45%), Cholesterol: 128.08mg (42.69%), Sodium: 721.63mg (31.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.24g (36.48%), Selenium: 62.17µg (88.81%), Vitamin K: 46.69µg (44.47%), Manganese: 0.8mg (39.83%), Vitamin C: 28.74mg (34.83%), Phosphorus: 272.05mg (27.21%), Vitamin B1: 0.25mg (16.94%), Vitamin B6: 0.31mg (15.65%), Vitamin A: 742.02IU (14.84%), Vitamin B2: 0.25mg (14.78%), Copper: 0.29mg (14.41%), Fiber: 3.56g (14.25%), Magnesium: 55.05mg (13.76%), Iron: 2.42mg (13.46%), Zinc: 1.99mg (13.28%), Vitamin B3: 2.5mg (12.52%), Potassium: 384.16mg (10.98%), Vitamin B5: 1.02mg (10.15%), Folate: 40.35µg (10.09%), Vitamin E: 1.43mg (9.54%), Vitamin B12: 0.44µg (7.34%), Calcium: 47.93mg (4.79%), Vitamin D: 0.64µg (4.24%)