



One - Two - Three - Mexican Macaroni Salad

 Dairy Free

READY IN



80 min.

SERVINGS



10

CALORIES



359 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 ounce olives black drained sliced canned
- 1 teaspoon garlic powder
- 0.5 cup bell pepper green finely chopped
- 10 servings ground pepper black to taste
- 16 ounce macaroni dry
- 1 cup mayonnaise
- 1.5 cups chunky salsa
- 1 teaspoon salt

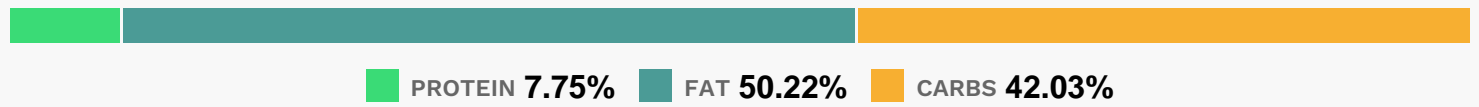
Equipment

- bowl
- pot

Directions

- Bring a large pot of lightly salted water to a boil.
- Add pasta and cook for 8 to 10 minutes or until al dente; rinse under cold running water, and drain.
- In a large bowl, combine the salsa, mayonnaise, green pepper, garlic powder, salt, black pepper, and olives; mix well.
- Pour pasta into mixture, and stir to coat thoroughly. Cover, and refrigerate at least one hour before serving.

Nutrition Facts



Properties

Glycemic Index:9.7, Glycemic Load:0.11, Inflammation Score:-4, Nutrition Score:9.576956593472%

Flavonoids

Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 359.31kcal (17.97%), Fat: 20.13g (30.98%), Saturated Fat: 3.11g (19.41%), Carbohydrates: 37.91g (12.64%), Net Carbohydrates: 35.01g (12.73%), Sugar: 3.1g (3.45%), Cholesterol: 9.41mg (3.14%), Sodium: 899.12mg (39.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.99g (13.98%), Selenium: 29.76µg (42.52%), Vitamin K: 39.15µg (37.29%), Manganese: 0.49mg (24.35%), Vitamin E: 1.94mg (12.93%), Fiber: 2.89g (11.58%), Phosphorus: 106.48mg (10.65%), Copper: 0.19mg (9.46%), Magnesium: 33.14mg (8.28%), Vitamin C: 6.73mg (8.16%), Vitamin B6: 0.16mg (8.1%), Potassium: 231.39mg (6.61%), Vitamin B3: 1.29mg (6.44%), Vitamin A: 296.72IU (5.93%), Iron: 0.94mg (5.21%), Zinc: 0.78mg (5.19%), Vitamin B1: 0.07mg (4.4%), Vitamin B5: 0.33mg (3.28%), Calcium: 32.65mg (3.27%), Folate: 12.26µg (3.06%), Vitamin B2: 0.05mg (2.81%)