



Picnic Macaroni Salad

 Dairy Free

READY IN



200 min.

SERVINGS



8

CALORIES



291 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 slices oscar mayer bacon crumbled cooked
- 7.3 oz macaroni & cheese dinner kraft
- 0.5 cup real mayo mayonnaise kraft
- 0.3 cup onions chopped
- 0.3 cup claussen pickle relish sweet
- 1 tomatoes chopped

Equipment

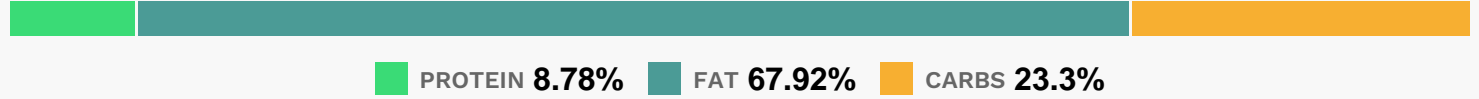
- bowl

sauce pan

Directions

- Prepare Dinner in large saucepan as directed on package; spoon into large bowl.
- Add remaining ingredients; mix lightly.
- Refrigerate several hours or until chilled. Stir gently before serving.

Nutrition Facts



Properties

Glycemic Index:22.38, Glycemic Load:7.97, Inflammation Score:-3, Nutrition Score:5.1039130428563%

Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

Nutrients (% of daily need)

Calories: 290.79kcal (14.54%), Fat: 22.03g (33.89%), Saturated Fat: 4.57g (28.59%), Carbohydrates: 17g (5.67%), Net Carbohydrates: 16.62g (6.04%), Sugar: 3.67g (4.07%), Cholesterol: 20.4mg (6.8%), Sodium: 515.1mg (22.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.41g (12.82%), Vitamin K: 32.61µg (31.06%), Phosphorus: 141.64mg (14.16%), Manganese: 0.15mg (7.48%), Selenium: 4.77µg (6.81%), Vitamin A: 269.75IU (5.4%), Vitamin B3: 1.01mg (5.03%), Vitamin B1: 0.07mg (4.67%), Vitamin E: 0.7mg (4.65%), Zinc: 0.66mg (4.42%), Iron: 0.79mg (4.4%), Calcium: 42.47mg (4.25%), Potassium: 143.26mg (4.09%), Vitamin B6: 0.08mg (3.97%), Magnesium: 14.22mg (3.55%), Vitamin C: 2.58mg (3.13%), Vitamin B12: 0.13µg (2.11%), Vitamin B5: 0.17mg (1.67%), Vitamin B2: 0.03mg (1.65%), Copper: 0.03mg (1.58%), Fiber: 0.38g (1.53%), Folate: 4.06µg (1.01%)