



Red Pepper and Broccoli Macaroni Salad

 Vegetarian

READY IN



160 min.

SERVINGS



16

CALORIES



114 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 cups broccoli florets
- 0.3 cup knudsen cream light sour
- 2 Tbsp grey poupon dijon mustard
- 1.8 cups multi-grain elbow macaroni uncooked
- 2 hard-cooked eggs chopped
- 1 cup mayo with olive oil reduced fat mayonnaise kraft
- 1 bell pepper red chopped

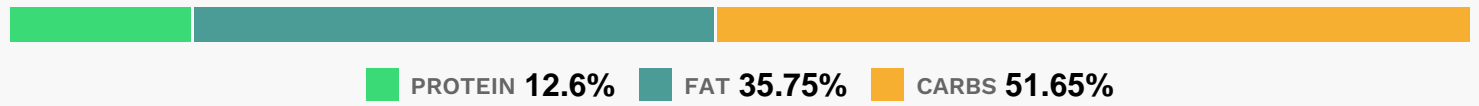
Equipment

- bowl
- sauce pan

Directions

- Cook macaroni in large saucepan as directed on package, omitting salt and adding vegetables to the boiling water for the last 2 min.; drain. Rinse with cold water; drain well.
- Mix mayo, sour cream and mustard in large bowl until blended. Stir in macaroni mixture and eggs.
- Refrigerate 2 hours or until chilled.

Nutrition Facts



Properties

Glycemic Index:6, Glycemic Load:0.32, Inflammation Score:-4, Nutrition Score:6.4082609285479%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 1.34mg, Kaempferol: 1.34mg, Kaempferol: 1.34mg, Kaempferol: 1.34mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 113.58kcal (5.68%), Fat: 4.53g (6.97%), Saturated Fat: 1g (6.22%), Carbohydrates: 14.73g (4.91%), Net Carbohydrates: 13.56g (4.93%), Sugar: 1.61g (1.79%), Cholesterol: 26.81mg (8.94%), Sodium: 153.98mg (6.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.6g (7.19%), Vitamin C: 24.78mg (30.04%), Vitamin K: 25.37µg (24.16%), Selenium: 13.15µg (18.78%), Manganese: 0.19mg (9.75%), Vitamin A: 394.59IU (7.89%), Phosphorus: 59.56mg (5.96%), Folate: 20.76µg (5.19%), Fiber: 1.17g (4.68%), Vitamin E: 0.66mg (4.37%), Vitamin B2: 0.07mg (4.3%), Vitamin B6: 0.08mg (4.16%), Magnesium: 14.76mg (3.69%), Potassium: 126.4mg (3.61%), Copper: 0.06mg (2.97%), Vitamin B5: 0.29mg (2.88%), Zinc: 0.41mg (2.73%), Vitamin B1: 0.04mg (2.68%), Iron: 0.48mg (2.68%), Vitamin B3: 0.46mg (2.3%), Calcium: 21.97mg (2.2%), Vitamin B12: 0.08µg (1.41%)