



Salmon Macaroni Salad



Dairy Free



Popular

READY IN



30 min.

SERVINGS



4

CALORIES



533 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 cups macaroni pasta dry
- ☐ 4 servings salt
- ☐ 14 ounce salmon canned
- ☐ 0.5 cup mayonnaise plus more to taste or for added smoothness)
- ☐ 1 teaspoon mustard
- ☐ 1 teaspoon lemon zest
- ☐ 1 Tbsp juice of lemon
- ☐ 0.3 cup green onions (with onion greens) chopped

- ☐ 2 Tbsp parsley fresh chopped
- ☐ 1 Tbsp optional: dill dried fresh chopped (or)
- ☐ 2 stalks celery chopped
- ☐ 10 tabasco to taste
- ☐ 4 servings pepper black freshly ground

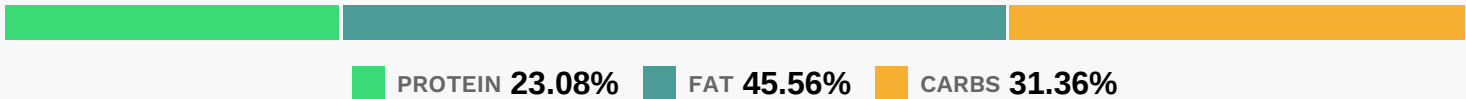
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Boil the macaroni pasta: Bring a pot of water (2 quarts) to a boil.
- ☐ Add 1 Tbsp salt.
- ☐ Add the dry macaroni pasta and cook, uncovered, in a rolling boil for about 10 minutes, or until the macaroni is al dente (slightly firm).
- ☐ Remove from heat, drain, rinse briefly in cold water (macaroni should be still warm after rinsing) and drain again.
- ☐ Mix salmon and other ingredients in a large bowl: In a large bowl mix the salmon, mayonnaise, mustard, lemon zest, and lemon juice.
- ☐ Mix in the shallots, parsley, dill, and celery.
- ☐ Stir in drained, warm macaroni:
- ☐ Mix in the cooked macaroni while it is still warm.
- ☐ Add Tabasco and freshly ground black pepper to taste. As the macaroni absorbs the mayonnaise, you may need to add some water to the salad to keep it from being dry. Adjust seasonings.
- ☐ Chill before serving.

Nutrition Facts



Properties

Glycemic Index:52.5, Glycemic Load:0.33, Inflammation Score:-6, Nutrition Score:30.289130501125%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 4.66mg, Apigenin: 4.66mg, Apigenin: 4.66mg, Apigenin: 4.66mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 532.56kcal (26.63%), Fat: 26.88g (41.36%), Saturated Fat: 4.33g (27.08%), Carbohydrates: 41.63g (13.88%), Net Carbohydrates: 39.1g (14.22%), Sugar: 2.2g (2.45%), Cholesterol: 94.12mg (31.37%), Sodium: 852.7mg (37.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.63g (61.27%), Selenium: 73.59µg (105.12%), Vitamin D: 14.44µg (96.29%), Vitamin K: 100.3µg (95.53%), Vitamin B12: 4.95µg (82.42%), Phosphorus: 496.5mg (49.65%), Vitamin B3: 8.42mg (42.09%), Calcium: 326.96mg (32.7%), Manganese: 0.6mg (30.09%), Magnesium: 69.37mg (17.34%), Potassium: 575.76mg (16.45%), Vitamin E: 2.38mg (15.84%), Vitamin B2: 0.26mg (15.49%), Copper: 0.26mg (13.16%), Zinc: 1.85mg (12.37%), Iron: 2.21mg (12.3%), Vitamin B6: 0.22mg (11.17%), Vitamin C: 9.07mg (11%), Fiber: 2.54g (10.14%), Vitamin A: 466.93IU (9.34%), Vitamin B5: 0.91mg (9.11%), Folate: 31.31µg (7.83%), Vitamin B1: 0.1mg (6.34%)