



Sweet and Tangy Summer Macaroni Salad



Vegetarian



Vegan



Dairy Free

READY IN



35 min.

SERVINGS



10

CALORIES



191 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cucumber chopped
- ☐ 2 cups elbow macaroni
- ☐ 0.5 bell pepper green seeded chopped
- ☐ 1 green onion chopped
- ☐ 0.3 teaspoon ground pepper black
- ☐ 0.3 cup catsup
- ☐ 1 teaspoon paprika
- ☐ 1 teaspoon salt

- ☐ 2 tomatoes ripe chopped
- ☐ 0.5 cup vegetable oil
- ☐ 0.3 cup vinegar
- ☐ 0.7 cup sugar white

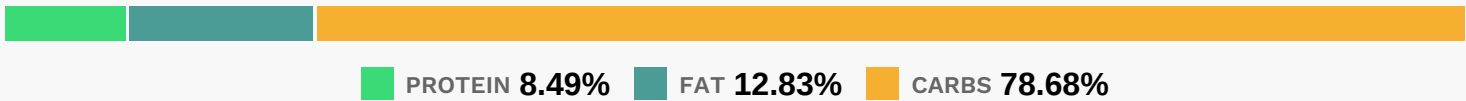
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil. Cook elbow macaroni in the boiling water, stirring occasionally until cooked through but firm to the bite, 8 minutes.
- ☐ Drain and rinse in cold water until macaroni is cooled.
- ☐ Place macaroni into a large salad bowl and stir in tomatoes, green bell pepper, cucumber, and green onion.
- ☐ Whisk sugar, vegetable oil, ketchup, vinegar, salt, paprika, and black pepper, stirring in a bowl until sugar has dissolved.
- ☐ Pour dressing over macaroni and vegetables and toss to coat.

Nutrition Facts



Properties

Glycemic Index:26.21, Glycemic Load:9.62, Inflammation Score:-4, Nutrition Score:5.578695634137%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 191.3kcal (9.57%), Fat: 2.75g (4.24%), Saturated Fat: 0.43g (2.67%), Carbohydrates: 38.01g (12.67%), Net Carbohydrates: 36.52g (13.28%), Sugar: 16.7g (18.56%), Cholesterol: 0mg (0%), Sodium: 308.95mg (13.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.1g (8.2%), Selenium: 17.89µg (25.56%), Manganese: 0.32mg (16.08%), Vitamin C: 8.95mg (10.85%), Vitamin K: 9.93µg (9.45%), Vitamin A: 384.12IU (7.68%), Phosphorus: 65.07mg (6.51%), Fiber: 1.48g (5.93%), Copper: 0.12mg (5.8%), Magnesium: 20.83mg (5.21%), Potassium: 172.81mg (4.94%), Vitamin B6: 0.09mg (4.72%), Vitamin B3: 0.79mg (3.97%), Vitamin E: 0.55mg (3.66%), Zinc: 0.49mg (3.25%), Iron: 0.57mg (3.17%), Folate: 11.97µg (2.99%), Vitamin B1: 0.04mg (2.82%), Vitamin B2: 0.04mg (2.61%), Vitamin B5: 0.18mg (1.77%), Calcium: 13.39mg (1.34%)