



Tammy's Crab Salad

READY IN



205 min.

SERVINGS



8

CALORIES



1025 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 ounce elbow macaroni barilla® (such as)
- 1 pound imitation crabmeat cut into chunks
- 16 ounce mayonnaise (such as Hellman's®)
- 12 ounces mild cheddar cheese cut into cubes
- 8 servings milk to taste
- 10 ounce peas frozen
- 0.3 cup sugar white

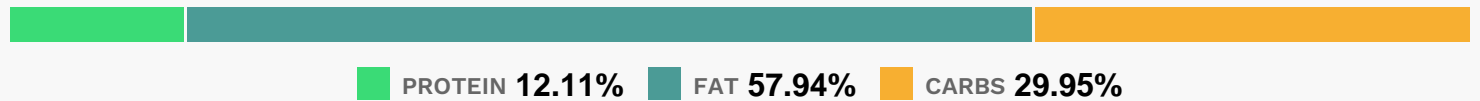
Equipment

- 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, about 8 minutes.
- Drain.
- Whisk mayonnaise, milk, and sugar together in a bowl until smooth and creamy.
- Stir elbow macaroni, crabmeat, Cheddar cheese, and peas together in a large bowl.
- Pour mayonnaise mixture over crab mixture and stir to coat. Chill in the refrigerator for at least 3 hours.

Nutrition Facts



Properties

Glycemic Index:28.68, Glycemic Load:10.5, Inflammation Score:-8, Nutrition Score:28.289565252221%

Nutrients (% of daily need)

Calories: 1024.7kcal (51.24%), Fat: 65.69g (101.07%), Saturated Fat: 19.52g (121.99%), Carbohydrates: 76.4g (25.47%), Net Carbohydrates: 71.94g (26.16%), Sugar: 23.83g (26.48%), Cholesterol: 101.85mg (33.95%), Sodium: 1054.75mg (45.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.89g (61.78%), Vitamin K: 103.02µg (98.11%), Selenium: 54.48µg (77.83%), Calcium: 626.13mg (62.61%), Phosphorus: 598.54mg (59.85%), Vitamin B2: 0.62mg (36.29%), Manganese: 0.68mg (34.17%), Vitamin B12: 1.84µg (30.61%), Zinc: 3.89mg (25.9%), Vitamin A: 1129.32IU (22.59%), Magnesium: 83.07mg (20.77%), Vitamin D: 3.05µg (20.35%), Vitamin B1: 0.3mg (20%), Fiber: 4.46g (17.83%), Potassium: 623.11mg (17.8%), Vitamin C: 14.17mg (17.18%), Vitamin B6: 0.32mg (16.16%), Vitamin E: 2.41mg (16.06%), Vitamin B5: 1.46mg (14.64%), Copper: 0.25mg (12.7%), Folate: 45µg (11.25%), Vitamin B3: 1.98mg (9.91%), Iron: 1.45mg (8.05%)