



The BEST Macaroni Salad You Will EVER Have!!

READY IN



150 min.

SERVINGS



14

CALORIES



329 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cucumber finely chopped
- ☐ 16 ounce elbow macaroni
- ☐ 1.5 tablespoons ground pepper black to taste
- ☐ 6 hard-cooked eggs chopped
- ☐ 0.5 cup milk 2%
- ☐ 3 cups creamy salad dressing miracle whip® such as
- ☐ 0.5 tablespoon salt to taste
- ☐ 2 large tomatoes finely chopped

- ☐ 12 ounce tuna in water flaked drained canned
- ☐ 1 large onion white finely chopped
- ☐ 0.3 cup sugar white to taste
- ☐ 3 tablespoons mustard yellow prepared

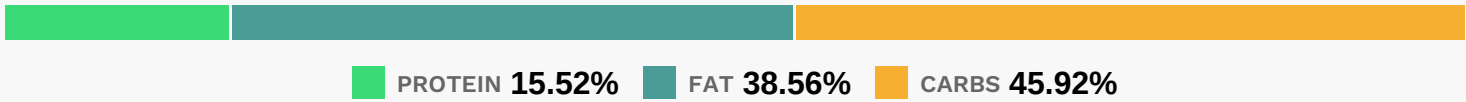
Equipment

- ☐ bowl
- ☐ whisk
- ☐ mixing bowl
- ☐ pot
- ☐ plastic wrap

Directions

- ☐ Bring a large pot of lightly salted water to a boil. Cook elbow macaroni in the boiling water until cooked through but firm to the bite, 8 minutes; drain. Rinse with cold water to cool completely; drain.
- ☐ Mix macaroni, tuna, eggs, tomatoes, onion, and cucumber in a large mixing bowl.
- ☐ Whisk salad dressing and milk together in a separate bowl until smooth. Beat sugar, mustard, pepper, and salt into the dressing mixture; pour over the macaroni mixture and stir to coat.
- ☐ Cover bowl with plastic wrap and refrigerate at least 2 hours.

Nutrition Facts



Properties

Glycemic Index:15.29, Glycemic Load:3.12, Inflammation Score:-5, Nutrition Score:12.828695463098%

Flavonoids

Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg

Nutrients (% of daily need)

Calories: 329.22kcal (16.46%), Fat: 14.02g (21.57%), Saturated Fat: 2.47g (15.42%), Carbohydrates: 37.56g (12.52%), Net Carbohydrates: 35.58g (12.94%), Sugar: 12.02g (13.35%), Cholesterol: 89.35mg (29.78%), Sodium: 872.58mg (37.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.7g (25.4%), Selenium: 45.99µg (65.7%), Vitamin K: 33.1µg (31.53%), Manganese: 0.48mg (23.97%), Phosphorus: 165.02mg (16.5%), Vitamin B3: 3.25mg (16.24%), Vitamin B12: 0.91µg (15.12%), Vitamin B6: 0.23mg (11.69%), Vitamin E: 1.61mg (10.73%), Vitamin B2: 0.18mg (10.71%), Magnesium: 37.5mg (9.37%), Potassium: 316.01mg (9.03%), Copper: 0.16mg (8.21%), Iron: 1.47mg (8.18%), Fiber: 1.98g (7.93%), Vitamin A: 390.03IU (7.8%), Zinc: 1.05mg (6.97%), Folate: 25.92µg (6.48%), Vitamin C: 5.27mg (6.39%), Vitamin B1: 0.09mg (6.13%), Vitamin B5: 0.61mg (6.12%), Calcium: 51.68mg (5.17%), Vitamin D: 0.76µg (5.09%)