



Tomato and Macaroni Salad



Vegetarian



Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



556 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 16 ounce elbow macaroni
- ☐ 1 tablespoon marjoram fresh chopped
- ☐ 1 tablespoon ground mustard dry
- ☐ 8 servings salt and ground pepper black to taste
- ☐ 6 hard-cooked eggs chopped
- ☐ 15 ounce mayonnaise light light® such as Hellmann's
- ☐ 15 ounce creamy salad dressing miracle whip® such as
- ☐ 3.5 tablespoons spicy brown mustard

☐ 6 large tomatoes ripe chopped

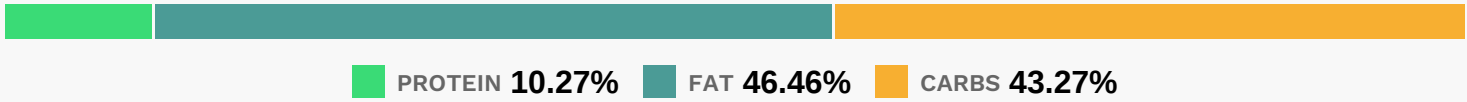
Equipment

- ☐ bowl
- ☐ pot
- ☐ cutting board

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 with cold water until pasta is chilled.
- ☐ Mix elbow macaroni, hard-cooked eggs, light mayonnaise, creamy salad dressing, spicy brown mustard, dry mustard, and marjoram in a large salad bowl until thoroughly combined. Stir in tomatoes. Be sure to include the juice from your cutting board. Season with salt and black pepper.

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:1.43, Inflammation Score:-8, Nutrition Score:19.90739127864%

Flavonoids

Naringenin: 0.93mg, Naringenin: 0.93mg, Naringenin: 0.93mg, Naringenin: 0.93mg Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 555.92kcal (27.8%), Fat: 28.67g (44.11%), Saturated Fat: 4.86g (30.36%), Carbohydrates: 60.08g (20.03%), Net Carbohydrates: 56.2g (20.44%), Sugar: 13.31g (14.79%), Cholesterol: 148.38mg (49.46%), Sodium: 1096.62mg (47.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.25g (28.5%), Selenium: 53.89µg (76.98%), Vitamin K: 73.67µg (70.17%), Manganese: 0.77mg (38.37%), Vitamin A: 1414.93IU (28.3%), Vitamin E: 3.58mg (23.89%), Phosphorus: 235mg (23.5%), Vitamin C: 19.33mg (23.44%), Potassium: 577.34mg (16.5%), Fiber: 3.87g (15.5%), Vitamin B2: 0.26mg (15.26%), Magnesium: 59.22mg (14.8%), Copper: 0.28mg (14.08%), Vitamin B6:

0.28mg (13.93%), Folate: 51.58µg (12.9%), Iron: 1.97mg (10.97%), Vitamin B1: 0.16mg (10.73%), Zinc: 1.6mg (10.66%),
Vitamin B3: 1.96mg (9.78%), Vitamin B5: 0.95mg (9.5%), Vitamin B12: 0.42µg (6.94%), Calcium: 61.66mg (6.17%),
Vitamin D: 0.82µg (5.5%)