

Overnight Macaroni Salad

Paula Macri - Gattuso's Bella Cucina
Scripps Treasure Coast Newspapers

1 package elbow macaroni
1 can sweet peas, drained
1 can corn, drained
1 cup sweet onions, chopped
3 sweet pickles, chopped
5 hard-boiled eggs, chopped
2 Roma tomatoes, chopped
1 cup Romano cheese, grated
1 bell pepper, chopped
mayonnaise
salt and pepper (to taste)

Boil the elbow macaroni according to package directions. Drain and set aside to cool.

In a bowl, mix all of the remaining ingredients together. Add to the elbow macaroni.

Add mayonnaise to the consistency of your choice. Add salt and pepper to taste.

Chill overnight to allow the flavors to blend.

Serve cold.

Per Serving (excluding unknown items): 1342 Calories; 60g Fat (39.7% calories from fat); 82g Protein; 123g Carbohydrate; 12g Dietary Fiber; 1176mg Cholesterol; 2405mg Sodium. Exchanges: 4 Grain(Starch); 9 1/2 Lean Meat; 6 Vegetable; 5 1/2 Fat; 1 1/2 Other Carbohydrates.

Salads

Per Serving Nutritional Analysis

Calories (kcal):	1342	Vitamin B6 (mg):	1.1mg
% Calories from Fat:	39.7%	Vitamin B12 (mcg):	4.0mcg
% Calories from Carbohydrates:	36.1%	Thiamin B1 (mg):	1.2mg
% Calories from Protein:	24.2%	Riboflavin B2 (mg):	2.1mg
Total Fat (g):	60g	Folacin (mcg):	263mcg
Saturated Fat (g):	28g	Niacin (mg):	9mg
Monounsaturated Fat (g):	19g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	6g	Alcohol (kcal):	0
Cholesterol (mg):	1176mg	% Refuse:	n n%
Carbohydrate (g):	123g	Food Exchanges	
Dietary Fiber (g):	12g	Grain (Starch):	4

Protein (g): 82g
Sodium (mg): 2405mg
Potassium (mg): 1778mg
Calcium (mg): 1386mg
Iron (mg): 9mg
Zinc (mg): 7mg
Vitamin C (mg): 170mg
Vitamin A (i.u.): 4672IU
Vitamin A (r.e.): 874RE

Lean Meat: 9 1/2
Vegetable: 6
Fruit: 0
Non-Fat Milk: 0
Fat: 5 1/2
Other Carbohydrates: 1 1/2

Nutrition Facts

Amount Per Serving

Calories 1342 **Calories from Fat:** 532

% Daily Values*

Total Fat 60g	92%
Saturated Fat 28g	139%
Cholesterol 1176mg	392%
Sodium 2405mg	100%
Total Carbohydrates 123g	41%
Dietary Fiber 12g	49%
Protein 82g	
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Vitamin A	93%
Vitamin C	284%
Calcium	139%
Iron	49%

* Percent Daily Values are based on a 2000 calorie diet.