

The Best Macaroni Salad

Easy Summer Entertaining (1991)

Kraft General Foods, Inc.

Yield: 8 1/4 cups

5 cups (16 ounce) elbow macaroni,
cooked and drained
1 cup Miracle Whip®
1 cup chopped red pepper
1 cup chopped cucumber
1 package (8 ounce) Cheddar cheese,
cubed
1/2 cup green onions, chopped
1/2 teaspoon salt
1/2 teaspoon coarse ground pepper

Preparation Time: 15 minutes

In a bowl, mix together the macaroni, Miracle Whip, red pepper, cucumber, Cheddar, green onions, salt and pepper until well blended.

Chill.

Per Serving (excluding unknown items): 2666 Calories; 154g Fat (52.1% calories from fat); 66g Protein; 253g Carbohydrate; 9g Dietary Fiber; 199mg Cholesterol; 3320mg Sodium. Exchanges: 14 Grain(Starch); 4 Lean Meat; 1 1/2 Vegetable; 27 Fat; 2 Other Carbohydrates.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	2666	Vitamin B6 (mg):	.5mg
% Calories from Fat:	52.1%	Vitamin B12 (mcg):	.9mcg
% Calories from Carbohydrates:	38.0%	Thiamin B1 (mg):	3.0mg
% Calories from Protein:	9.9%	Riboflavin B2 (mg):	1.7mg
Total Fat (g):	154g	Folacin (mcg):	121mcg
Saturated Fat (g):	41g	Niacin (mg):	22mg
Monounsaturated Fat (g):	11g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	0
Cholesterol (mg):	199mg	% Refuse:	n n%
Carbohydrate (g):	253g	Food Exchanges	
Dietary Fiber (g):	9g	Grain (Starch):	14
Protein (g):	66g	Lean Meat:	4
Sodium (mg):	3320mg	Vegetable:	1 1/2

Potassium (mg): 903mg
Calcium (mg): 929mg
Iron (mg): 13mg
Zinc (mg): 7mg
Vitamin C (mg): 13mg
Vitamin A (i.u.): 1484IU
Vitamin A (r.e.): 388 1/2RE

Fruit: 0
Non-Fat Milk: 0
Fat: 27
Other Carbohydrates: 2

Nutrition Facts

Amount Per Serving

Calories 2666 Calories from Fat: 1389

% Daily Values*

Total Fat	154g	237%
Saturated Fat	41g	203%
Cholesterol	199mg	66%
Sodium	3320mg	138%
Total Carbohydrates	253g	84%
Dietary Fiber	9g	36%
Protein	66g	
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Vitamin A		30%
Vitamin C		21%
Calcium		93%
Iron		70%

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