

15-Minute Waldorf Romaine Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



59 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.8 cup celery sliced
- 1 apples i use 2 granny smith apples chopped
- 0.8 cup honey mustard dressing kraft
- 1 cup grapes red seedless cut in half
- 6 cups tightly torn romaine lettuce packed
- 0.3 cup planters walnut halves

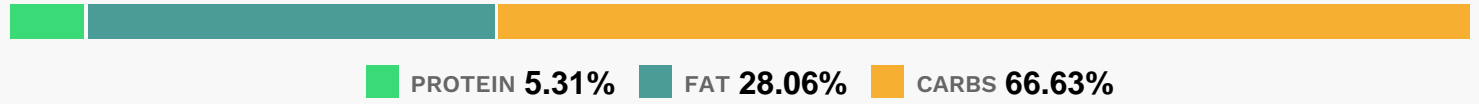
Equipment

- bowl

Directions

- Toss lettuce with fruit and celery in large bowl.
- Add dressing; mix lightly.
- Sprinkle with nuts.

Nutrition Facts



Properties

Glycemic Index:8.67, Glycemic Load:1.3, Inflammation Score:-8, Nutrition Score:4.2830434428609%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.91mg, Epicatechin: 0.91mg, Epicatechin: 0.91mg, Epicatechin: 0.91mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 59.06kcal (2.95%), Fat: 1.8g (2.76%), Saturated Fat: 0.18g (1.11%), Carbohydrates: 9.6g (3.2%), Net Carbohydrates: 8.57g (3.12%), Sugar: 5.67g (6.3%), Cholesterol: 0mg (0%), Sodium: 68.17mg (2.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.77g (1.53%), Vitamin A: 1673.87IU (33.48%), Vitamin K: 22.56µg (21.48%), Folate: 30.5µg (7.62%), Manganese: 0.13mg (6.72%), Fiber: 1.03g (4.13%), Copper: 0.07mg (3.41%), Potassium: 103.24mg (2.95%), Vitamin B6: 0.05mg (2.26%), Vitamin C: 1.82mg (2.21%), Vitamin B1: 0.03mg (2.16%), Magnesium: 8.61mg (2.15%), Phosphorus: 19.2mg (1.92%), Iron: 0.32mg (1.77%), Vitamin B2: 0.03mg (1.74%), Calcium: 12.51mg (1.25%)