



Apple and Celery Salad with Creamy Lemon Dressing



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



20

CALORIES



74 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup salad dressing
- ☐ 3 tablespoons yogurt plain
- ☐ 2 tablespoons sugar
- ☐ 2 teaspoons lemon zest fresh grated
- ☐ 2 large apples i use 2 granny smith apples cut into 8 wedges, then cut crosswise into bite-size pieces (4 1/2 cups)
- ☐ 2 large gala apple cut into 8 wedges, then cut crosswise into bite-size pieces (3 1/2 cups)
- ☐ 1 tablespoon juice of lemon fresh

- ☐ 6 medium stalks celery with leaves
- ☐ 0.8 cup walnut pieces chopped toasted

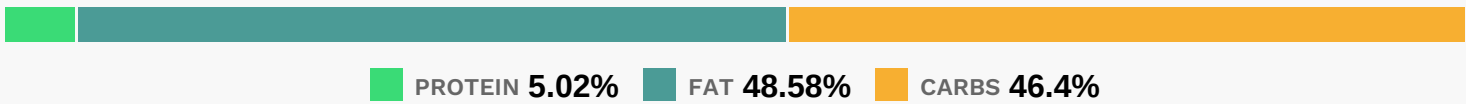
Equipment

- ☐ bowl

Directions

- ☐ In small bowl, mix dressing ingredients until blended. Refrigerate until serving time.
- ☐ Place apples in large bowl.
- ☐ Sprinkle with lemon juice; toss until coated.
- ☐ Remove leaves from celery; chop leaves into 1/2-inch pieces to measure 1/2 cup.
- ☐ Cut celery stalks diagonally into 1/4- to 1/2-inch slices to measure 2 cups.
- ☐ Add to bowl with apples. Refrigerate until serving time.
- ☐ Just before serving, toss apples and celery.
- ☐ Add dressing; toss until coated.
- ☐ Sprinkle with walnuts.

Nutrition Facts



Properties

Glycemic Index:10.25, Glycemic Load:2.61, Inflammation Score:-2, Nutrition Score:2.5534782495512%

Flavonoids

Cyanidin: 0.82mg, Cyanidin: 0.82mg, Cyanidin: 0.82mg, Cyanidin: 0.82mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.36mg, Epicatechin: 3.36mg, Epicatechin: 3.36mg, Epicatechin: 3.36mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.34mg, Apigenin: 0.34mg, Apigenin: 0.34mg, Apigenin: 0.34mg Luteolin:

0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg

Nutrients (% of daily need)

Calories: 74.38kcal (3.72%), Fat: 4.3g (6.62%), Saturated Fat: 0.52g (3.27%), Carbohydrates: 9.24g (3.08%), Net Carbohydrates: 7.66g (2.79%), Sugar: 6.91g (7.68%), Cholesterol: 0.39mg (0.13%), Sodium: 69.88mg (3.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1g (2%), Manganese: 0.18mg (8.99%), Vitamin K: 7.91µg (7.53%), Fiber: 1.58g (6.32%), Copper: 0.09mg (4.39%), Vitamin C: 3.07mg (3.72%), Potassium: 108.97mg (3.11%), Vitamin B6: 0.06mg (2.81%), Magnesium: 11.21mg (2.8%), Phosphorus: 26.78mg (2.68%), Folate: 10.34µg (2.59%), Vitamin E: 0.28mg (1.84%), Vitamin B1: 0.03mg (1.83%), Vitamin B2: 0.03mg (1.75%), Vitamin A: 84.07IU (1.68%), Calcium: 16.49mg (1.65%), Zinc: 0.19mg (1.28%), Iron: 0.22mg (1.25%)