



Apple Beet Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



90 min.

SERVINGS



6

CALORIES



244 kcal

SIDE DISH

Ingredients

- 2 apples cored peeled chopped
- 15 ounce beets diced drained canned
- 0.8 cup creamy salad dressing
- 0.8 cup walnuts

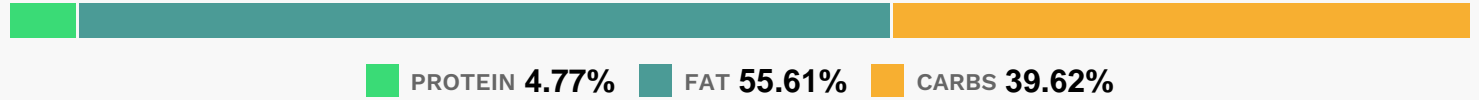
Equipment

- mixing bowl

Directions

- In a large mixing bowl, combine the beets, apples, walnuts and salad dressing.
- Mix together and chill before serving.

Nutrition Facts



Properties

Glycemic Index:8.67, Glycemic Load:2.42, Inflammation Score:-3, Nutrition Score:7.086086952168%

Flavonoids

Cyanidin: 1.35mg, Cyanidin: 1.35mg, Cyanidin: 1.35mg, Cyanidin: 1.35mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg

Nutrients (% of daily need)

Calories: 243.76kcal (12.19%), Fat: 15.89g (24.45%), Saturated Fat: 1.79g (11.18%), Carbohydrates: 25.48g (8.49%), Net Carbohydrates: 22.48g (8.17%), Sugar: 17.66g (19.62%), Cholesterol: 0mg (0%), Sodium: 398.19mg (17.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.07g (6.14%), Manganese: 0.69mg (34.28%), Vitamin K: 18.39µg (17.52%), Copper: 0.34mg (16.84%), Fiber: 3g (12.01%), Magnesium: 38.24mg (9.56%), Folate: 35.29µg (8.82%), Vitamin B6: 0.16mg (7.88%), Phosphorus: 73.73mg (7.37%), Potassium: 235.59mg (6.73%), Vitamin E: 0.9mg (5.98%), Vitamin C: 4.73mg (5.73%), Vitamin B1: 0.07mg (4.88%), Iron: 0.87mg (4.81%), Zinc: 0.68mg (4.54%), Vitamin B2: 0.07mg (4.22%), Calcium: 29.59mg (2.96%), Selenium: 2.01µg (2.88%), Vitamin B3: 0.44mg (2.18%), Vitamin B5: 0.22mg (2.17%), Vitamin A: 80.99IU (1.62%)