



Apple, Celery, and Walnut Salad



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



298 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 fuji apples diced ()
- ☐ 2 ribs celery diced ()
- ☐ 0.3 cup golden raisins
- ☐ 0.5 juice of lemon
- ☐ 0.3 cup cup heavy whipping cream sour low-fat
- ☐ 0.3 cup mayonnaise reduced-calorie
- ☐ 4 servings salt and pepper black freshly ground to taste
- ☐ 0.5 cup walnuts coarsely chopped

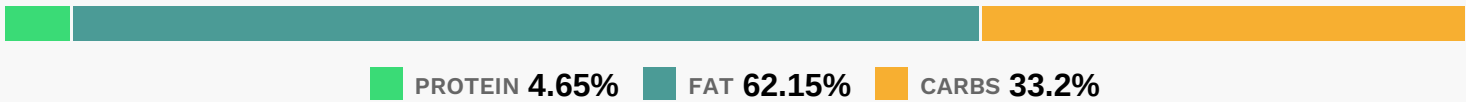
Equipment

☐ bowl

Directions

- ☐ Toss the apples with the lemon juice in a bowl.
- ☐ Add celery, walnuts, andraisins, then toss.
- ☐ Combine the mayo and sour cream in another bowl, thenfold into the apple mixture. Season to taste with salt and pepper. Pack intightly covered, small plastic containers.
- ☐ Per serving: 250 calories, 26g carbohydrates, 3g protein, 16g fat, 10mg cholesterol
- ☐ Other

Nutrition Facts



Properties

Glycemic Index:55.67, Glycemic Load:8.84, Inflammation Score:-4, Nutrition Score:8.1952173036078%

Flavonoids

Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Quercetin: 4.03mg, Quercetin: 4.03mg, Quercetin: 4.03mg, Quercetin: 4.03mg

Nutrients (% of daily need)

Calories: 298.09kcal (14.9%), Fat: 21.79g (33.52%), Saturated Fat: 3.54g (22.11%), Carbohydrates: 26.19g (8.73%), Net Carbohydrates: 22.18g (8.07%), Sugar: 17.47g (19.41%), Cholesterol: 10.91mg (3.64%), Sodium: 119.54mg (5.2%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.67g (7.34%), Vitamin K: 31.74µg (30.22%), Manganese: 0.6mg (30.16%), Fiber: 4g (16.02%), Copper: 0.31mg (15.74%), Potassium: 342.47mg (9.78%), Phosphorus: 92.91mg (9.29%), Magnesium: 36.06mg (9.02%), Vitamin B6: 0.18mg (8.78%), Vitamin C: 6.96mg (8.44%), Folate: 27.67µg (6.92%), Vitamin B2: 0.1mg (5.93%), Calcium: 56.25mg (5.63%), Vitamin E: 0.84mg (5.62%), Vitamin B1: 0.08mg (5.24%), Iron: 0.84mg (4.68%), Zinc: 0.65mg (4.33%), Vitamin A: 198.89IU (3.98%), Selenium: 1.66µg (2.37%), Vitamin B5: 0.24mg (2.35%), Vitamin B3: 0.46mg (2.32%), Vitamin B12: 0.08µg (1.29%)