



## Apple-Cranberry Salad

 Vegetarian  Gluten Free

READY IN



135 min.

SERVINGS



15

CALORIES



88 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 stalk celery thinly sliced
- 0.3 cup knudsen cream sour
- 0.3 cup cranberries dried
- 1 golden delicious apple chopped
- 6 leaf lettuce leaves
- 0.3 cup real mayo mayonnaise kraft
- 2 delicious apples red chopped
- 1 Tbsp sugar

0.5 cup planters walnuts chopped

## Equipment

bowl

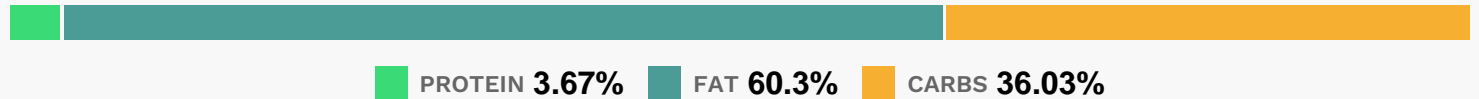
## Directions

Mix mayo, sour cream and sugar in medium bowl. Stir in all remaining ingredients except lettuce.

Refrigerate 2 hours.

Serve over lettuce.

## Nutrition Facts



## Properties

Glycemic Index:16.21, Glycemic Load:2.05, Inflammation Score:-1, Nutrition Score:2.0891304380544%

## Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 2.5mg, Epicatechin: 2.5mg, Epicatechin: 2.5mg, Epicatechin: 2.5mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg

## Nutrients (% of daily need)

Calories: 87.75kcal (4.39%), Fat: 6.17g (9.49%), Saturated Fat: 1.07g (6.7%), Carbohydrates: 8.29g (2.76%), Net Carbohydrates: 7g (2.55%), Sugar: 6.3g (7%), Cholesterol: 3.83mg (1.28%), Sodium: 27.81mg (1.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.85g (1.69%), Manganese: 0.16mg (7.8%), Vitamin K: 7.94µg (7.56%), Fiber: 1.29g (5.15%), Copper: 0.08mg (3.79%), Magnesium: 8.83mg (2.21%), Phosphorus: 21.99mg (2.2%), Vitamin B6: 0.04mg (2.1%), Potassium: 69.55mg (1.99%), Vitamin E: 0.28mg (1.87%), Vitamin A: 87.97IU (1.76%), Vitamin C: 1.36mg (1.65%), Folate: 6.44µg (1.61%), Vitamin B2: 0.03mg (1.48%), Vitamin B1: 0.02mg (1.46%), Calcium: 11.58mg (1.16%), Zinc: 0.16mg (1.06%), Iron: 0.19mg (1.03%)