

Apple Salad



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



162 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 ounce cheese blue crumbled
- ☐ 0.5 cup carrots shredded finely (1 medium)
- ☐ 0.5 cup celery finely chopped
- ☐ 0.3 cup yogurt plain fat-free
- ☐ 1.5 cups grapes green seedless halved
- ☐ 3 tablespoons honey
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 0.3 cup pecans toasted chopped

☐

4 cups delicious apple diced red (2 medium)

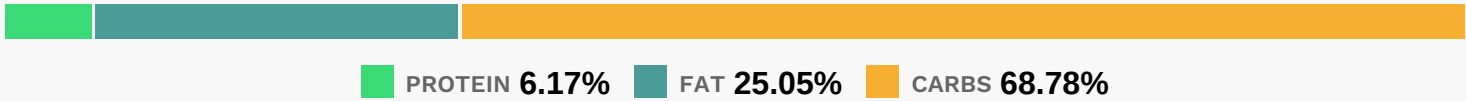
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 5 ingredients in a large bowl, and toss well.
- ☐ Combine yogurt and honey in a small bowl; stir with a whisk until well blended.
- ☐ Pour over apple mixture; toss gently to coat.
- ☐ Sprinkle with pecans and blue cheese.

Nutrition Facts



Properties

Glycemic Index:41.02, Glycemic Load:10.96, Inflammation Score:-8, Nutrition Score:7.032608722863%

Flavonoids

Cyanidin: 1.8mg, Cyanidin: 1.8mg, Cyanidin: 1.8mg, Cyanidin: 1.8mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.41mg, Catechin: 1.41mg, Catechin: 1.41mg, Catechin: 1.41mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 6.31mg, Epicatechin: 6.31mg, Epicatechin: 6.31mg, Epicatechin: 6.31mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.42mg, Quercetin: 3.42mg, Quercetin: 3.42mg, Quercetin: 3.42mg

Nutrients (% of daily need)

Calories: 162.28kcal (8.11%), Fat: 4.9g (7.55%), Saturated Fat: 1.23g (7.69%), Carbohydrates: 30.3g (10.1%), Net Carbohydrates: 27.05g (9.84%), Sugar: 24.93g (27.7%), Cholesterol: 3.75mg (1.25%), Sodium: 78.37mg (3.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.72g (5.43%), Vitamin A: 1929.44IU (38.59%), Manganese: 0.29mg (14.73%), Fiber: 3.25g (13.01%), Vitamin K: 11.51µg (10.96%), Vitamin C: 9.03mg (10.94%), Potassium: 287.22mg (8.21%), Copper: 0.14mg (7.05%), Phosphorus: 70.38mg (7.04%), Vitamin B2: 0.11mg (6.59%), Calcium: 65.18mg (6.52%), Vitamin B6: 0.12mg (5.82%), Vitamin B1: 0.09mg (5.8%), Magnesium: 18.2mg (4.55%), Zinc: 0.55mg (3.69%), Folate: 13.95µg (3.49%), Vitamin B5: 0.32mg (3.23%), Vitamin E: 0.4mg (2.68%), Iron: 0.47mg (2.63%), Vitamin B3: 0.41mg (2.06%), Vitamin B12: 0.12µg (2%), Selenium: 1.4µg (2%)