



Apple-Walnut Salad



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



355 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.8 cup celery thinly sliced
- ☐ 1 cup fruit mix dried
- ☐ 2 gala apples chopped
- ☐ 2 granny smith apples chopped
- ☐ 0.3 teaspoon ground cardamom
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.5 cup lemon curd

- ☐ 1.5 teaspoons lemon rind grated
- ☐ 0.7 cup mayonnaise
- ☐ 2 delicious apples red chopped
- ☐ 1 cup walnuts chopped

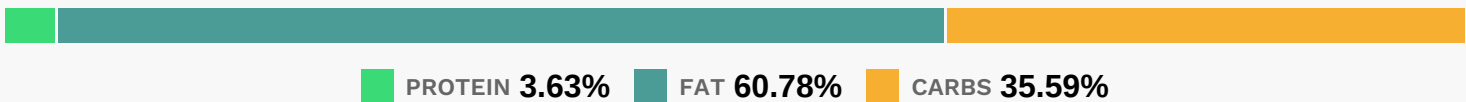
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Place walnuts in a single layer in a shallow pan.
- ☐ Bake at 350 for 8 to 10 minutes or until lightly toasted, stirring once after 5 minutes.
- ☐ Stir together mayonnaise, next 4 ingredients, and 1/2 tsp. lemon rind in a large bowl.
- ☐ Add apples, celery, fruit mix, and 3/4 cup walnuts; toss well. Cover and chill 6 hours.
- ☐ Sprinkle with remaining 1/4 cup walnuts and 1 tsp. lemon rind.
- ☐ Note: For testing purposes only, we used Sun-Maid Fruit Bits.

Nutrition Facts



Properties

Glycemic Index:38.63, Glycemic Load:6.13, Inflammation Score:-4, Nutrition Score:8.0160869981932%

Flavonoids

Cyanidin: 2.54mg, Cyanidin: 2.54mg, Cyanidin: 2.54mg, Cyanidin: 2.54mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.77mg, Catechin: 1.77mg, Catechin: 1.77mg, Catechin: 1.77mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 10.28mg, Epicatechin: 10.28mg, Epicatechin: 10.28mg, Epicatechin: 10.28mg 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 Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg

Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Quercetin: 5.51mg, Quercetin: 5.51mg, Quercetin: 5.51mg, Quercetin: 5.51mg

Nutrients (% of daily need)

Calories: 355.43kcal (17.77%), Fat: 25.12g (38.65%), Saturated Fat: 3.98g (24.88%), Carbohydrates: 33.1g (11.03%), Net Carbohydrates: 28.09g (10.21%), Sugar: 25.72g (28.57%), Cholesterol: 7.84mg (2.61%), Sodium: 170.69mg (7.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.37g (6.74%), Vitamin K: 37.39µg (35.61%), Manganese: 0.61mg (30.42%), Fiber: 5.01g (20.05%), Copper: 0.29mg (14.6%), Vitamin C: 7.32mg (8.88%), Magnesium: 34.89mg (8.72%), Potassium: 274.56mg (7.84%), Phosphorus: 75.47mg (7.55%), Vitamin B6: 0.15mg (7.46%), Vitamin E: 1.01mg (6.7%), Folate: 23.32µg (5.83%), Vitamin B1: 0.08mg (5.45%), Iron: 0.77mg (4.25%), Vitamin B2: 0.07mg (4.17%), Zinc: 0.59mg (3.92%), Calcium: 37.07mg (3.71%), Vitamin A: 132.13IU (2.64%), Vitamin B5: 0.25mg (2.45%), Vitamin B3: 0.35mg (1.76%), Selenium: 1.22µg (1.74%)