



Apple Walnut Salad



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



349 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 large apples cored peeled chopped
- ☐ 0.8 cup brown sugar
- ☐ 8 ounce cream cheese softened
- ☐ 1 cup cranberries dried
- ☐ 1 teaspoon ground cinnamon
- ☐ 6 ounce nonfat yogurt plain
- ☐ 1 teaspoon vanilla
- ☐ 0.3 cup walnuts chopped

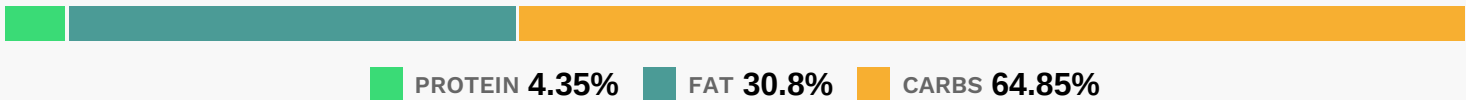
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine the brown sugar and cinnamon in a large bowl.
- ☐ Whisk in the softened cream cheese, yogurt, and vanilla until smooth.
- ☐ Stir the apples, 1 1/2 cups of walnuts, and the dried cranberries into the cream cheese mixture until well coated.
- ☐ Spoon salad into a serving bowl and garnish with the remaining 1/4 cup of chopped walnuts. Keep chilled until serving.

Nutrition Facts



Properties

Glycemic Index:10.5, Glycemic Load:6.58, Inflammation Score:-5, Nutrition Score:6.6678260823955%

Flavonoids

Cyanidin: 2.82mg, Cyanidin: 2.82mg, Cyanidin: 2.82mg, Cyanidin: 2.82mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 2.17mg, Catechin: 2.17mg, Catechin: 2.17mg, Catechin: 2.17mg Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg Epicatechin: 12.59mg, Epicatechin: 12.59mg, Epicatechin: 12.59mg, Epicatechin: 12.59mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 7.39mg, Quercetin: 7.39mg, Quercetin: 7.39mg, Quercetin: 7.39mg

Nutrients (% of daily need)

Calories: 349.11kcal (17.46%), Fat: 12.63g (19.43%), Saturated Fat: 6.04g (37.73%), Carbohydrates: 59.82g (19.94%), Net Carbohydrates: 54.63g (19.86%), Sugar: 51.26g (56.96%), Cholesterol: 29.06mg (9.69%), Sodium: 113.74mg (4.95%), Alcohol: 0.17g (100%), Alcohol %: 0.08% (100%), Protein: 4.01g (8.03%), Fiber: 5.19g (20.78%), Manganese:

0.29mg (14.29%), Calcium: 104.47mg (10.45%), Vitamin B2: 0.17mg (9.93%), Phosphorus: 96.99mg (9.7%), Vitamin C: 7.97mg (9.66%), Vitamin A: 474.01IU (9.48%), Potassium: 323.39mg (9.24%), Copper: 0.13mg (6.6%), Vitamin B6: 0.13mg (6.5%), Vitamin E: 0.89mg (5.96%), Magnesium: 23.4mg (5.85%), Vitamin K: 5.65µg (5.38%), Selenium: 3.73µg (5.33%), Vitamin B5: 0.48mg (4.82%), Vitamin B1: 0.06mg (3.98%), Zinc: 0.55mg (3.7%), Folate: 13.92µg (3.48%), Iron: 0.58mg (3.25%), Vitamin B12: 0.19µg (3.2%), Vitamin B3: 0.36mg (1.78%)