



Banana Waldorf Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



63 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



1 apples diced cored



2 bananas



1 small celery stalk sliced



0.3 cup mayonnaise



1 Dash nutmeg



1 teaspoon orange zest



0.3 cup pecans toasted chopped



1 tablespoon seasoned rice vinegar

Equipment

☐

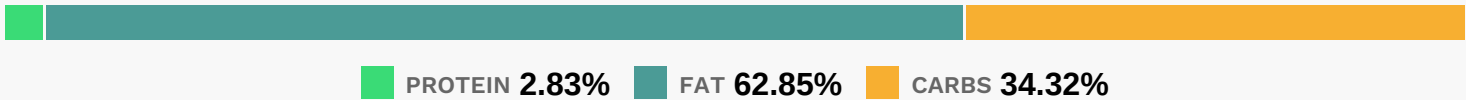
whisk

Directions

☐

Whisk together first 4 ingredients. Fold in remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:19.92, Glycemic Load:2.22, Inflammation Score:-1, Nutrition Score:1.8191304373676%

Flavonoids

Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Catechin: 1.29mg, Catechin: 1.29mg, Catechin: 1.29mg, Catechin: 1.29mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.94mg, Epicatechin: 0.94mg, Epicatechin: 0.94mg, Epicatechin: 0.94mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 63.14kcal (3.16%), Fat: 4.63g (7.13%), Saturated Fat: 0.62g (3.91%), Carbohydrates: 5.69g (1.9%), Net Carbohydrates: 4.73g (1.72%), Sugar: 3.32g (3.69%), Cholesterol: 1.57mg (0.52%), Sodium: 24.23mg (1.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.47g (0.94%), Manganese: 0.16mg (7.94%), Vitamin K: 6.59µg (6.28%), Fiber: 0.97g (3.86%), Vitamin B6: 0.07mg (3.43%), Vitamin C: 2.15mg (2.6%), Potassium: 81.22mg (2.32%), Copper: 0.05mg (2.31%), Magnesium: 8.01mg (2%), Vitamin B1: 0.02mg (1.58%), Vitamin E: 0.19mg (1.3%), Phosphorus: 12.57mg (1.26%), Vitamin B2: 0.02mg (1.11%), Folate: 4.42µg (1.1%)