



Blue Cheese Waldorf Salad

 Vegetarian  Gluten Free

READY IN



70 min.

SERVINGS



4

CALORIES



165 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup yogurt plain fat-free
- 1 tablespoon salad dressing reduced-fat
- 1 tablespoon cheese blue crumbled finely
- 4 medium apples red unpeeled cut into 1/4-inch slices
- 1 serving juice of lemon
- 2 cups pkt spinach packed
- 1 cup celery stalks thinly sliced
- 2 tablespoons walnut pieces toasted chopped

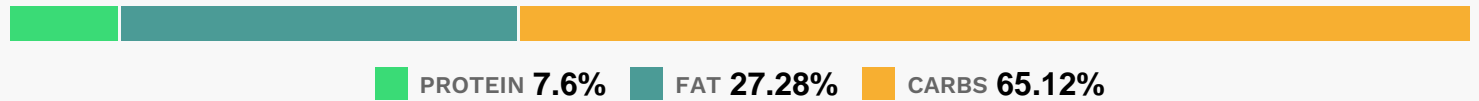
Equipment

bowl

Directions

- In small bowl, mix yogurt, mayonnaise and blue cheese until well blended. Cover and refrigerate at least 1 hour to blend flavors.
- Sprinkle apple slices with lemon juice to prevent browning. In large bowl, toss apples and spinach. Spoon blue cheese mixture over salad.
- Sprinkle with celery and walnuts.

Nutrition Facts



Properties

Glycemic Index:35.75, Glycemic Load:6.9, Inflammation Score:-8, Nutrition Score:12.422173854935%

Flavonoids

Cyanidin: 2.99mg, Cyanidin: 2.99mg, Cyanidin: 2.99mg, Cyanidin: 2.99mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Kaempferol: 1.27mg, Kaempferol: 1.27mg, Kaempferol: 1.27mg, Kaempferol: 1.27mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 8.01mg, Quercetin: 8.01mg, Quercetin: 8.01mg, Quercetin: 8.01mg

Nutrients (% of daily need)

Calories: 165.29kcal (8.26%), Fat: 5.45g (8.39%), Saturated Fat: 0.92g (5.73%), Carbohydrates: 29.28g (9.76%), Net Carbohydrates: 23.83g (8.67%), Sugar: 21.29g (23.65%), Cholesterol: 3.03mg (1.01%), Sodium: 93.59mg (4.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.42g (6.83%), Vitamin K: 89.89µg (85.61%), Vitamin A: 1641.15IU (32.82%), Fiber: 5.45g (21.81%), Manganese: 0.4mg (19.83%), Vitamin C: 15.08mg (18.28%), Folate: 52.38µg (13.1%),

Potassium: 428.49mg (12.24%), Phosphorus: 92.03mg (9.2%), Calcium: 91.09mg (9.11%), Magnesium: 36.13mg (9.03%), Vitamin B2: 0.15mg (8.98%), Vitamin B6: 0.16mg (8.24%), Copper: 0.16mg (8.07%), Vitamin B1: 0.08mg (5.08%), Vitamin E: 0.75mg (4.97%), Iron: 0.86mg (4.75%), Zinc: 0.59mg (3.91%), Vitamin B5: 0.38mg (3.77%), Vitamin B12: 0.15µg (2.43%), Vitamin B3: 0.46mg (2.29%), Selenium: 1.49µg (2.13%)