



Blue Cheese Waldorf Salad

 Vegetarian  Gluten Free

READY IN



70 min.

SERVINGS



4

CALORIES



168 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

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

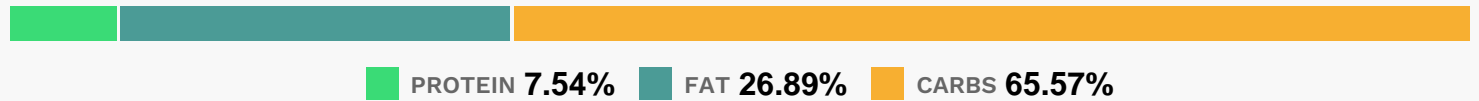
Equipment

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:12.758695656677%

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: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg 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: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 8.05mg, Quercetin: 8.05mg, Quercetin: 8.05mg, Quercetin: 8.05mg

Nutrients (% of daily need)

Calories: 167.76kcal (8.39%), Fat: 5.48g (8.43%), Saturated Fat: 0.92g (5.76%), Carbohydrates: 30.06g (10.02%), Net Carbohydrates: 24.57g (8.94%), Sugar: 21.57g (23.97%), Cholesterol: 3.03mg (1.01%), Sodium: 93.7mg (4.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.46g (6.91%), Vitamin K: 89.89µg (85.61%), Vitamin A: 1641.82IU (32.84%), Vitamin C: 19.43mg (23.56%), Fiber: 5.49g (21.94%), Manganese: 0.4mg (19.9%), Folate: 54.63µg (13.66%),

Potassium: 440.08mg (12.57%), Phosphorus: 92.93mg (9.29%), Magnesium: 36.81mg (9.2%), Calcium: 91.76mg (9.18%), Vitamin B2: 0.15mg (9.07%), Vitamin B6: 0.17mg (8.5%), Copper: 0.16mg (8.16%), Vitamin B1: 0.08mg (5.26%), Vitamin E: 0.76mg (5.08%), Iron: 0.86mg (4.8%), Zinc: 0.59mg (3.94%), Vitamin B5: 0.39mg (3.92%), Vitamin B12: 0.15µg (2.43%), Vitamin B3: 0.47mg (2.34%), Selenium: 1.5µg (2.14%)