



Bulldog Salad

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



130 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup celery finely chopped
- ☐ 0.3 cup vanilla yogurt fat-free
- ☐ 3 cups gala apple diced (2 large)
- ☐ 0.3 cup golden raisins
- ☐ 2.5 cups apples i use 2 granny smith apples diced (1 large)
- ☐ 1 cup grapes green seedless halved
- ☐ 0.3 cup mayonnaise reduced-fat
- ☐ 2 tablespoons cup heavy whipping cream sour reduced-fat

- ☐ 1 cup marshmallows miniature
- ☐ 0.3 cup pecans toasted chopped
- ☐ 1 cup grapes red seedless halved

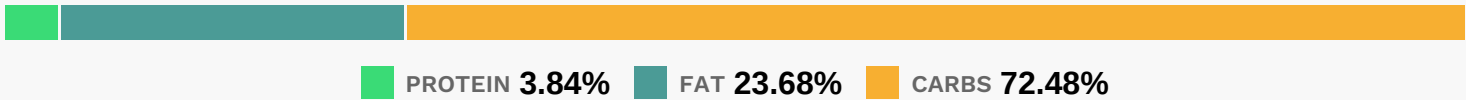
Equipment

- ☐ bowl

Directions

- ☐ Combine all ingredients in a large bowl; stir well. Chill.

Nutrition Facts



Properties

Glycemic Index:31.52, Glycemic Load:9.48, Inflammation Score:-2, Nutrition Score:3.7926086665981%

Flavonoids

Cyanidin: 1.37mg, Cyanidin: 1.37mg, Cyanidin: 1.37mg, Cyanidin: 1.37mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.09mg, Catechin: 1.09mg, Catechin: 1.09mg, Catechin: 1.09mg Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg Epicatechin: 5.2mg, Epicatechin: 5.2mg, Epicatechin: 5.2mg, Epicatechin: 5.2mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg

Nutrients (% of daily need)

Calories: 129.74kcal (6.49%), Fat: 3.69g (5.67%), Saturated Fat: 0.58g (3.61%), Carbohydrates: 25.39g (8.46%), Net Carbohydrates: 22.85g (8.31%), Sugar: 19.18g (21.32%), Cholesterol: 1.86mg (0.62%), Sodium: 65.81mg (2.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.34g (2.69%), Vitamin K: 12.23µg (11.65%), Fiber: 2.54g (10.17%), Manganese: 0.2mg (9.82%), Potassium: 223.69mg (6.39%), Copper: 0.12mg (5.88%), Vitamin C: 4.69mg (5.69%), Vitamin B6: 0.09mg (4.31%), Vitamin B2: 0.07mg (4.21%), Phosphorus: 39.37mg (3.94%), Vitamin B1: 0.06mg (3.8%), Magnesium: 13.02mg (3.26%), Calcium: 28.83mg (2.88%), Vitamin E: 0.39mg (2.57%), Vitamin A: 116.46IU (2.33%), Iron: 0.39mg (2.18%), Folate: 8.14µg (2.03%), Zinc: 0.26mg (1.76%), Vitamin B3: 0.25mg (1.26%), Selenium:

0.88µg (1.26%), Vitamin B5: 0.12mg (1.16%)