



## Caribbean-Style Waldorf Salad

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



249 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.5 cup salad dressing
- 0.3 cup whipping cream
- 1 tablespoon juice of lemon fresh
- 1 tablespoon milk
- 2 cups apples red unpeeled coarsely chopped
- 1 cup pineapple chunks fresh
- 1 cup celery stalks chopped
- 0.5 cup pecans coarsely chopped

- 0.3 cup raisins
- 3 tablespoons coconut flakes flaked
- 0.3 cup cranberries dried sweetened
- 1 leaves boston lettuce

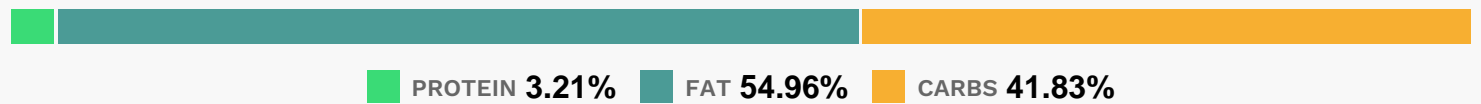
## Equipment

- bowl

## Directions

- In medium bowl, mix mayonnaise, whipping cream, lemon juice and milk until well blended.
- Stir in apples, pineapple, celery, nuts, raisins, coconut and cranberries.
- Serve salad on lettuce leaves. Cover; refrigerate any remaining salad.

## Nutrition Facts



## Properties

Glycemic Index:28.47, Glycemic Load:5.07, Inflammation Score:-4, Nutrition Score:7.1126087230185%

## Flavonoids

Cyanidin: 1.66mg, Cyanidin: 1.66mg, Cyanidin: 1.66mg, Cyanidin: 1.66mg Delphinidin: 0.67mg, Delphinidin: 0.67mg, Delphinidin: 0.67mg, Delphinidin: 0.67mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.2mg, Catechin: 1.2mg, Catechin: 1.2mg, Catechin: 1.2mg Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg Epicatechin: 3.21mg, Epicatechin: 3.21mg, Epicatechin: 3.21mg, Epicatechin: 3.21mg Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

## Nutrients (% of daily need)

Calories: 249.44kcal (12.47%), Fat: 16.2g (24.92%), Saturated Fat: 4.94g (30.87%), Carbohydrates: 27.74g (9.25%), Net Carbohydrates: 23.83g (8.66%), Sugar: 17g (18.89%), Cholesterol: 11.51mg (3.84%), Sodium: 215.95mg (9.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.13g (4.26%), Manganese: 0.56mg (27.76%), Vitamin K: 20.68µg (19.7%), Fiber: 3.91g (15.65%), Copper: 0.22mg (11.07%), Vitamin C: 7.93mg (9.61%), Vitamin B1: 0.13mg (8.75%), Potassium: 295.14mg (8.43%), Vitamin A: 362.71IU (7.25%), Magnesium: 28.16mg (7.04%), Vitamin B6: 0.12mg (6.17%), Phosphorus: 60.38mg (6.04%), Vitamin E: 0.9mg (6.01%), Vitamin B2: 0.08mg (4.89%), Iron: 0.83mg (4.61%), Zinc: 0.61mg (4.09%), Calcium: 38.45mg (3.85%), Folate: 14.47µg (3.62%), Selenium: 1.87µg (2.67%), Vitamin B3: 0.49mg (2.44%), Vitamin B5: 0.22mg (2.21%), Vitamin D: 0.19µg (1.24%)