



Christmas Apple Salad

 Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



153 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup knudsen cream sour
- 4 granny smith apples cored cut into cubes
- 1 cup marshmallows jet-puffed miniature
- 1 cup planters pecans coarsely chopped
- 14 oz dole pineapple tidbits drained canned
- 4 apples red cored cut into cubes
- 0.5 tsp salt

Equipment

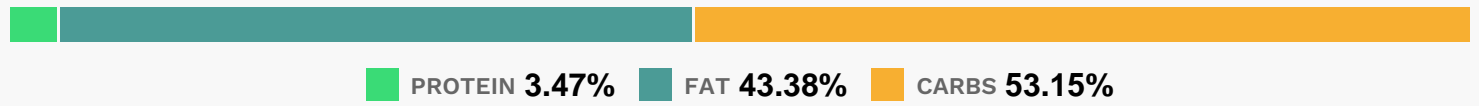
bowl

whisk

Directions

- Mix sour cream, salt and reserved pineapple juice in large bowl with wire whisk until well blended.
- Add pineapple tidbits, apples and pecans.
- Toss until apples are coated with sour cream mixture. Refrigerate until ready to serve. Toss gently with marshmallows before serving.

Nutrition Facts



Properties

Glycemic Index:8.97, Glycemic Load:5.21, Inflammation Score:-3, Nutrition Score:4.1791304168494%

Flavonoids

Cyanidin: 2.23mg, Cyanidin: 2.23mg, Cyanidin: 2.23mg, Cyanidin: 2.23mg Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg Epicatechin: 7.36mg, Epicatechin: 7.36mg, Epicatechin: 7.36mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg

Nutrients (% of daily need)

Calories: 152.92kcal (7.65%), Fat: 7.93g (12.2%), Saturated Fat: 1.99g (12.42%), Carbohydrates: 21.85g (7.28%), Net Carbohydrates: 18.54g (6.74%), Sugar: 16.57g (18.41%), Cholesterol: 9.05mg (3.02%), Sodium: 86.17mg (3.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.43g (2.85%), Manganese: 0.33mg (16.66%), Fiber: 3.31g (13.24%), Vitamin C: 7.16mg (8.68%), Copper: 0.14mg (6.99%), Vitamin B1: 0.09mg (6.01%), Potassium: 183.08mg (5.23%), Magnesium: 18.41mg (4.6%), Phosphorus: 42.73mg (4.27%), Vitamin B6: 0.08mg (3.99%), Vitamin B2: 0.07mg (3.83%), Vitamin A: 164.87IU (3.3%), Calcium: 30.31mg (3.03%), Zinc: 0.42mg (2.78%), Vitamin K: 2.78µg (2.65%), Vitamin E: 0.33mg (2.2%), Iron: 0.38mg (2.09%), Vitamin B5: 0.17mg (1.68%), Folate: 6.64µg (1.66%), Selenium: 0.98µg (1.4%), Vitamin B3: 0.26mg (1.29%)