

Cranberry Waldorf

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



9

CALORIES



97 kcal

SIDE DISH

Ingredients

- 1 cup celery chopped
- 1.5 cups cranberries chopped
- 1 cup grapes green seedless halved
- 0.3 teaspoon ground cinnamon
- 0.3 cup raisins
- 1 cup apples red chopped
- 8 ounce vanilla yogurt
- 0.3 cup walnuts chopped

2 tablespoons sugar white

Equipment

food processor

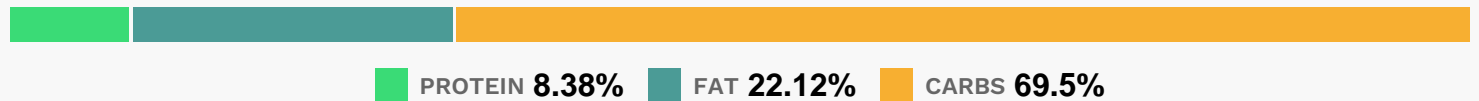
Directions

Combine cranberries, apple, celery, grapes, raisins, walnuts, sugar, cinnamon, and yogurt. (I chop cranberries in a food processor, and it works great). Toss to coat. Cover and chill 2 hours.

Stir just before serving.

Garnish with frosted cranberries and mint leaves if desired. For frosted cranberries, wet cranberry and roll in sugar.

Nutrition Facts



Properties

Glycemic Index:34.32, Glycemic Load:6.68, Inflammation Score:-2, Nutrition Score:3.8730435008588%

Flavonoids

Cyanidin: 8.04mg, Cyanidin: 8.04mg, Cyanidin: 8.04mg, Cyanidin: 8.04mg Delphinidin: 1.28mg, Delphinidin: 1.28mg, Delphinidin: 1.28mg, Delphinidin: 1.28mg Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 8.2mg, Peonidin: 8.2mg, Peonidin: 8.2mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 1.77mg, Epicatechin: 1.77mg, Epicatechin: 1.77mg, Epicatechin: 1.77mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg

Nutrients (% of daily need)

Calories: 97.01kcal (4.85%), Fat: 2.56g (3.94%), Saturated Fat: 0.43g (2.69%), Carbohydrates: 18.12g (6.04%), Net Carbohydrates: 16.25g (5.91%), Sugar: 11.13g (12.37%), Cholesterol: 1.26mg (0.42%), Sodium: 28.02mg (1.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.18g (4.37%), Manganese: 0.22mg (11.22%), Fiber: 1.88g (7.51%),

Vitamin K: 7.01µg (6.67%), Phosphorus: 58.74mg (5.87%), Potassium: 203.54mg (5.82%), Calcium: 56.7mg (5.67%), Copper: 0.11mg (5.49%), Vitamin B2: 0.09mg (5.35%), Vitamin C: 4.39mg (5.32%), Vitamin B6: 0.08mg (3.85%), Magnesium: 14.91mg (3.73%), Vitamin B1: 0.05mg (3.07%), Folate: 11.08µg (2.77%), Vitamin B5: 0.25mg (2.54%), Zinc: 0.37mg (2.45%), Vitamin E: 0.34mg (2.24%), Vitamin B12: 0.13µg (2.23%), Iron: 0.4mg (2.2%), Selenium: 1.52µg (2.17%), Vitamin A: 90.61IU (1.81%), Vitamin B3: 0.22mg (1.1%)