



Cranberry Waldorf



Vegetarian



Gluten Free

READY IN



135 min.

SERVINGS



12

CALORIES



73 kcal

SIDE DISH

Ingredients

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

☐ 2 tablespoons sugar white

Equipment

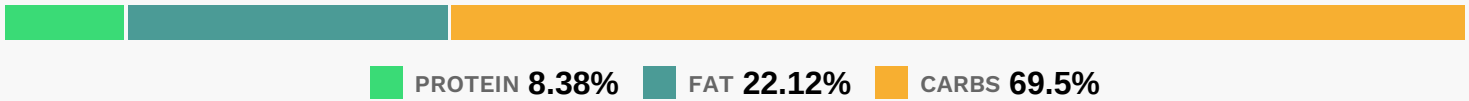
☐ food processor

☐ bowl

Directions

☐ In a medium bowl, 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.

Nutrition Facts



Properties

Glycemic Index:25.74, Glycemic Load:5.01, Inflammation Score:-2, Nutrition Score:2.9047826139823%

Flavonoids

Cyanidin: 6.03mg, Cyanidin: 6.03mg, Cyanidin: 6.03mg, Cyanidin: 6.03mg Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 6.15mg, Peonidin: 6.15mg, Peonidin: 6.15mg, Peonidin: 6.15mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 1.33mg, Epicatechin: 1.33mg, Epicatechin: 1.33mg, Epicatechin: 1.33mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg

Nutrients (% of daily need)

Calories: 72.76kcal (3.64%), Fat: 1.92g (2.96%), Saturated Fat: 0.32g (2.02%), Carbohydrates: 13.59g (4.53%), Net Carbohydrates: 12.19g (4.43%), Sugar: 8.35g (9.28%), Cholesterol: 0.94mg (0.31%), Sodium: 21.01mg (0.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.64g (3.28%), Manganese: 0.17mg (8.42%), Fiber: 1.41g (5.63%), Vitamin K: 5.26µg (5%), Phosphorus: 44.05mg (4.41%), Potassium: 152.65mg (4.36%), Calcium: 42.52mg (4.25%), Copper: 0.08mg (4.12%), Vitamin B2: 0.07mg (4.01%), Vitamin C: 3.29mg (3.99%), Vitamin B6: 0.06mg (2.88%),

Magnesium: 11.19mg (2.8%), Vitamin B1: 0.03mg (2.3%), Folate: 8.31µg (2.08%), Vitamin B5: 0.19mg (1.9%), Zinc: 0.28mg (1.84%), Vitamin E: 0.25mg (1.68%), Vitamin B12: 0.1µg (1.67%), Iron: 0.3mg (1.65%), Selenium: 1.14µg (1.63%), Vitamin A: 67.96IU (1.36%)