



Cranberry Waldorf Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



47 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



0.3 cup celery chopped



0.3 cup cranberry-orange relish



2 small delicious apples red



1.5 tablespoons walnuts chopped

Equipment

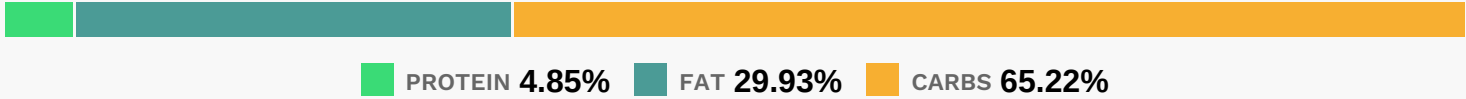


bowl

Directions

☐ Combine 2 small cored and chopped Red Delicious apples, 1/4 cup chopped celery, 1 1/2 tablespoons chopped walnuts, and 1/3 cup cranberry–orange relish in a bowl; toss. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:21.08, Glycemic Load:2.26, Inflammation Score:-2, Nutrition Score:2.0469565352668%

Flavonoids

Cyanidin: 0.85mg, Cyanidin: 0.85mg, Cyanidin: 0.85mg, Cyanidin: 0.85mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 3.74mg, Epicatechin: 3.74mg, Epicatechin: 3.74mg, Epicatechin: 3.74mg Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg Hesperetin: 2.72mg, Hesperetin: 2.72mg, Hesperetin: 2.72mg, Hesperetin: 2.72mg Naringenin: 1.53mg, Naringenin: 1.53mg, Naringenin: 1.53mg, Naringenin: 1.53mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg

Nutrients (% of daily need)

Calories: 47.47kcal (2.37%), Fat: 1.73g (2.67%), Saturated Fat: 0.17g (1.07%), Carbohydrates: 8.5g (2.83%), Net Carbohydrates: 6.83g (2.49%), Sugar: 6.22g (6.91%), Cholesterol: 0mg (0%), Sodium: 3.91mg (0.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.63g (1.26%), Vitamin C: 7.77mg (9.42%), Fiber: 1.67g (6.67%), Manganese: 0.11mg (5.48%), Copper: 0.06mg (2.96%), Potassium: 93.21mg (2.66%), Vitamin K: 2.39µg (2.28%), Vitamin B6: 0.04mg (2.15%), Folate: 8.45µg (2.11%), Magnesium: 7.9mg (1.97%), Vitamin B1: 0.03mg (1.77%), Phosphorus: 16.52mg (1.65%), Vitamin A: 68.72IU (1.37%), Vitamin B2: 0.02mg (1.36%), Calcium: 11.11mg (1.11%)