



## Cranberry Waldorf Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



271 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 0.5 cup celery chopped
- ☐ 2 cups granny smith apples chopped
- ☐ 0.5 cup grapes halved
- ☐ 3 juice of lemon
- ☐ 0.5 cup mayonnaise
- ☐ 0.3 teaspoon nutmeg
- ☐ 2 cups delicious apples red chopped
- ☐ 1 cup cranberries dried sweetened

- ☐ 0.5 cup walnuts  chopped
- ☐ 2 cups whipped cream

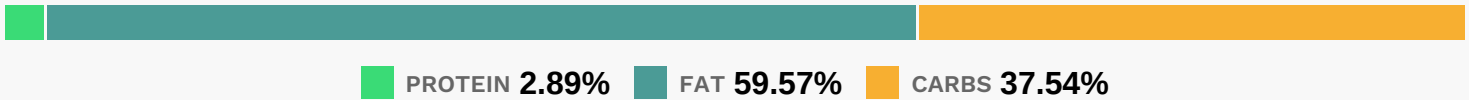
## Equipment

- ☐ bowl

## Directions

- ☐ Combine apples, lemon juice, celery, walnuts, cranberries and grapes in a large serving bowl; set aside.
- ☐ Combine whipped cream and mayonnaise in a medium bowl; mix well. Toss with apple mixture.
- ☐ Sprinkle with nutmeg; chill before serving.

## Nutrition Facts



## Properties

Glycemic Index:42.13, Glycemic Load:4.24, Inflammation Score:-3, Nutrition Score:5.6708695966264%

## Flavonoids

Cyanidin: 1.27mg, Cyanidin: 1.27mg, Cyanidin: 1.27mg, Cyanidin: 1.27mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg

## Nutrients (% of daily need)

Calories: 270.94kcal (13.55%), Fat: 18.92g (29.11%), Saturated Fat: 4.22g (26.38%), Carbohydrates: 26.83g (8.94%), Net Carbohydrates: 23.8g (8.66%), Sugar: 20.82g (23.13%), Cholesterol: 17.28mg (5.76%), Sodium: 96.99mg (4.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.07g (4.14%), Vitamin K: 29.06µg (27.67%), Manganese: 0.33mg (16.46%), Fiber: 3.03g (12.1%), Vitamin C: 7.85mg (9.52%), Copper: 0.16mg (8.17%), Vitamin E: 1.09mg (7.26%), Phosphorus: 54.11mg (5.41%), Potassium: 177.64mg (5.08%), Magnesium: 19.22mg (4.8%), Vitamin B6: 0.1mg (4.8%), Folate: 14.95µg (3.74%), Vitamin B1: 0.06mg (3.68%), Vitamin A: 182.37IU (3.65%), Calcium: 32.81mg (3.28%), Vitamin B2: 0.06mg (3.28%), Iron: 0.44mg (2.45%), Zinc: 0.36mg (2.43%), Vitamin B5: 0.22mg (2.18%), Selenium: 1.03µg (1.47%), Vitamin B3: 0.28mg (1.41%)