



Creamy Apple-and-Pecan Salad

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



8

CALORIES



245 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 apples cored chopped (1 Granny Smith and 3 Gala apples)
- 1 cup celery diced
- 0.5 cup cranberries dried
- 0.3 cup golden raisins
- 1 tablespoon juice of lemon fresh
- 2 teaspoons lemon rind grated
- 0.5 cup mayonnaise
- 0.5 cup pecans toasted chopped

- 3 tablespoons yogurt plain
- 2 tablespoons sugar
- 1 cup water

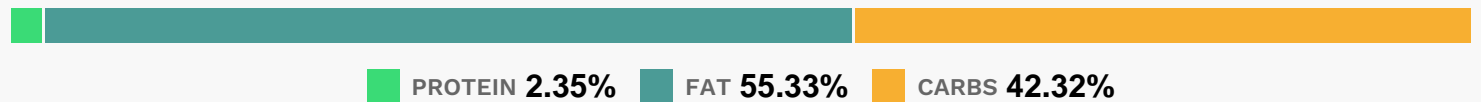
Equipment

- bowl
- sauce pan

Directions

- Bring 1 cup water to a boil in a medium saucepan.
- Remove from heat, and stir in dried cranberries and raisins.
- Let stand 10 minutes, and drain.
- Stir together mayonnaise and next 4 ingredients in a large bowl. Stir in apples, celery, cranberries, and raisins. Cover and chill.
- Sprinkle apple mixture with pecans just before serving.

Nutrition Facts



Properties

Glycemic Index:33.72, Glycemic Load:7.54, Inflammation Score:-3, Nutrition Score:5.6795652424512%

Flavonoids

Cyanidin: 2.21mg, Cyanidin: 2.21mg, Cyanidin: 2.21mg, Cyanidin: 2.21mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.68mg, Catechin: 1.68mg, Catechin: 1.68mg, Catechin: 1.68mg Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg Epicatechin: 6.91mg, Epicatechin: 6.91mg, Epicatechin: 6.91mg, Epicatechin: 6.91mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.24mg, Luteolin: 0.24mg

0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 4.15mg, Quercetin: 4.15mg, Quercetin: 4.15mg

Nutrients (% of daily need)

Calories: 245.15kcal (12.26%), Fat: 15.92g (24.49%), Saturated Fat: 2.26g (14.13%), Carbohydrates: 27.38g (9.13%), Net Carbohydrates: 23.7g (8.62%), Sugar: 21.58g (23.97%), Cholesterol: 6.86mg (2.29%), Sodium: 105.84mg (4.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.52g (3.05%), Vitamin K: 29.51µg (28.1%), Manganese: 0.39mg (19.35%), Fiber: 3.68g (14.73%), Vitamin C: 6.22mg (7.54%), Copper: 0.14mg (7.05%), Vitamin E: 0.93mg (6.17%), Potassium: 212.86mg (6.08%), Phosphorus: 48mg (4.8%), Vitamin B1: 0.07mg (4.58%), Magnesium: 17.59mg (4.4%), Vitamin B6: 0.08mg (4.19%), Vitamin B2: 0.06mg (3.83%), Zinc: 0.45mg (3.03%), Calcium: 30.26mg (3.03%), Folate: 10.57µg (2.64%), Iron: 0.46mg (2.54%), Vitamin A: 126.53IU (2.53%), Vitamin B5: 0.23mg (2.25%), Vitamin B3: 0.31mg (1.53%), Selenium: 0.9µg (1.28%)