



Creamy Apple-Walnut Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



190 min.

SERVINGS



10

CALORIES



74 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

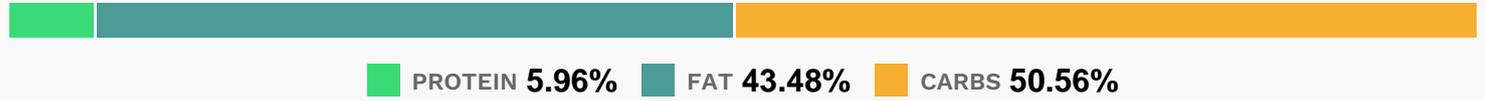
- 1 cup celery chopped
- 0.5 cup raisins
- 2 cups apples mixed green red chopped
- 0.5 cup planters walnuts chopped
- 0.5 cup mayonesa con limã³n kraft
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Equipment

Directions

- Mix all ingredients; cover.
- Refrigerate several hours or until chilled.

Nutrition Facts



Properties

Glycemic Index:14.28, Glycemic Load:4.09, Inflammation Score:-1, Nutrition Score:2.6269565302393%

Flavonoids

Cyanidin: 0.55mg, Cyanidin: 0.55mg, Cyanidin: 0.55mg, Cyanidin: 0.55mg Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.88mg, Epicatechin: 1.88mg, Epicatechin: 1.88mg, Epicatechin: 1.88mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 74.13kcal (3.71%), Fat: 3.91g (6.02%), Saturated Fat: 0.38g (2.39%), Carbohydrates: 10.24g (3.41%), Net Carbohydrates: 8.59g (3.13%), Sugar: 2.89g (3.21%), Cholesterol: 0mg (0%), Sodium: 10.48mg (0.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.21g (2.41%), Manganese: 0.24mg (11.91%), Fiber: 1.65g (6.59%), Copper: 0.13mg (6.26%), Potassium: 138.62mg (3.96%), Vitamin K: 3.67µg (3.49%), Magnesium: 13.78mg (3.44%), Vitamin B6: 0.06mg (3.14%), Phosphorus: 30.85mg (3.09%), Folate: 10.34µg (2.58%), Vitamin C: 1.93mg (2.34%), Vitamin B1: 0.03mg (2.3%), Iron: 0.41mg (2.27%), Vitamin B2: 0.03mg (2.01%), Zinc: 0.22mg (1.45%), Calcium: 13.3mg (1.33%), Vitamin A: 60.02IU (1.2%), Vitamin B3: 0.2mg (1.01%)