



Crunchy Fruit Salads

 Vegetarian  Vegan  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



274 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 large apples cut into bite-size pieces
- 1 large stalk celery sliced
- 0.3 cup raisins
- 0.3 cup ranch dressing reduced-fat
- 1 serving romaine leaves
- 1 cup bread crushed

Equipment

- bowl

Directions

- In medium bowl, mix apple, celery, raisins and dressing until blended. Refrigerate until serving time.
- Just before serving, arrange lettuce leaves in 4 salad bowls or on plates. Spoon apple mixture over lettuce. Top each serving with 1/4 cup cereal.
- Serve immediately.

Nutrition Facts

PROTEIN 11.46% **FAT 28.76%** **CARBS 59.78%**

Properties

Glycemic Index:48.12, Glycemic Load:21.22, Inflammation Score:-6, Nutrition Score:13.496086991676%

Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 4.2mg, Epicatechin: 4.2mg, Epicatechin: 4.2mg, Epicatechin: 4.2mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Apigenin: 0.46mg, Apigenin: 0.46mg, Apigenin: 0.46mg, Apigenin: 0.46mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg

Nutrients (% of daily need)

Calories: 273.69kcal (13.68%), Fat: 8.95g (13.76%), Saturated Fat: 1.52g (9.47%), Carbohydrates: 41.84g (13.95%), Net Carbohydrates: 36.02g (13.1%), Sugar: 9.38g (10.43%), Cholesterol: 3.9mg (1.3%), Sodium: 418.89mg (18.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.02g (16.03%), Manganese: 1.35mg (67.36%), Vitamin K: 30.63µg (29.17%), Fiber: 5.82g (23.28%), Selenium: 15.94µg (22.77%), Vitamin B1: 0.26mg (17.5%), Phosphorus: 171.8mg (17.18%), Vitamin B3: 2.86mg (14.28%), Magnesium: 54.34mg (13.58%), Calcium: 115.05mg (11.51%), Vitamin A: 553.66IU (11.07%), Iron: 1.95mg (10.82%), Potassium: 345.13mg (9.86%), Vitamin B6: 0.19mg (9.5%), Vitamin B2: 0.16mg (9.26%), Copper: 0.18mg (9.23%), Folate: 35.43µg (8.86%), Zinc: 1.14mg (7.59%), Vitamin B5: 0.6mg (6.03%), Vitamin C: 4.63mg (5.61%), Vitamin E: 0.81mg (5.43%)