



Curried Waldorf Salad



Vegetarian



Gluten Free

READY IN



12 min.

SERVINGS



6

CALORIES



84 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup celery chopped
- ☐ 0.5 teaspoon curry powder
- ☐ 0.3 cup mayonnaise fat-free
- ☐ 0.3 cup yogurt plain fat-free
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 0.1 teaspoon pepper
- ☐ 2 tablespoons raisins
- ☐ 2 medium delicious apples red cored cubed

- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons walnuts toasted chopped

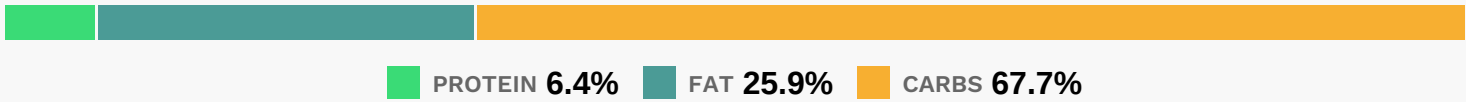
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 6 ingredients in a medium bowl; stir well with a whisk.
- ☐ Add apple and remaining 3 ingredients, tossing to coat.

Nutrition Facts



Properties

Glycemic Index:29.97, Glycemic Load:4.39, Inflammation Score:-2, Nutrition Score:2.9956521936085%

Flavonoids

Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg 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: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg 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 Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg

Nutrients (% of daily need)

Calories: 83.55kcal (4.18%), Fat: 2.62g (4.03%), Saturated Fat: 0.31g (1.92%), Carbohydrates: 15.39g (5.13%), Net Carbohydrates: 13.05g (4.75%), Sugar: 8.27g (9.19%), Cholesterol: 1.07mg (0.36%), Sodium: 186.15mg (8.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.45g (2.91%), Fiber: 2.34g (9.36%), Manganese: 0.17mg (8.41%), Vitamin K: 5.29µg (5.04%), Vitamin C: 3.99mg (4.84%), Potassium: 167.41mg (4.78%), Copper: 0.09mg (4.58%),

Phosphorus: 40.26mg (4.03%), Vitamin B2: 0.06mg (3.43%), Magnesium: 12.99mg (3.25%), Calcium: 32.02mg (3.2%), Vitamin B6: 0.06mg (3.18%), Vitamin B1: 0.03mg (2.26%), Folate: 8.57µg (2.14%), Iron: 0.38mg (2.13%), Zinc: 0.25mg (1.69%), Vitamin B5: 0.14mg (1.37%), Vitamin E: 0.19mg (1.25%), Vitamin A: 55.01IU (1.1%), Vitamin B12: 0.06µg (1.04%)