



Daddy's Apple Salad

 **Gluten Free**  **Dairy Free**

READY IN



20 min.

SERVINGS



5

CALORIES



693 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup apples diced yellow
- 0.5 cup celery diced
- 0.5 cup marshmallows miniature
- 1 cup peanut butter
- 0.5 cup peanuts
- 0.5 cup raisins
- 1 cup apples diced red
- 1 cup grapes red halved

- 1 cup creamy salad dressing
- 0.5 cup distilled vinegar white
- 0.5 cup sugar white

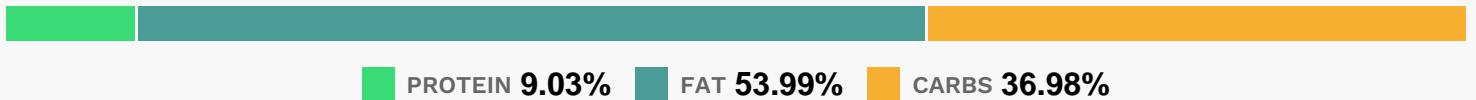
Equipment

- bowl
- whisk

Directions

- In a large bowl, whisk together the salad dressing, peanut butter and sugar until smooth.
- Add the vinegar, whisking until dressing is creamy.
- Add additional vinegar to get creamy consistency, if necessary.
- Add the apples, grapes, peanuts, marshmallows, raisins and celery to the dressing mixture and toss until evenly coated.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:81.93, Glycemic Load:28.19, Inflammation Score:-6, Nutrition Score:18.742608806361%

Flavonoids

Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 3.77mg, Epicatechin: 3.77mg, Epicatechin: 3.77mg, Epicatechin: 3.77mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

Nutrients (% of daily need)

Calories: 692.73kcal (34.64%), Fat: 43.83g (67.43%), Saturated Fat: 7.78g (48.61%), Carbohydrates: 67.54g (22.51%), Net Carbohydrates: 61.05g (22.2%), Sugar: 43.36g (48.18%), Cholesterol: 0mg (0%), Sodium: 709.24mg (30.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.49g (32.99%), Manganese: 1.26mg (62.99%), Vitamin B3: 9.55mg (47.75%), Vitamin E: 5.9mg (39.36%), Vitamin K: 34.94µg (33.28%), Magnesium: 127.43mg (31.86%), Phosphorus: 264.88mg (26.49%), Fiber: 6.49g (25.95%), Copper: 0.46mg (23.2%), Folate: 85.64µg (21.41%), Potassium: 697.35mg (19.92%), Vitamin B6: 0.39mg (19.57%), Vitamin B1: 0.23mg (15.13%), Iron: 2.18mg (12.11%), Zinc: 1.74mg (11.6%), Vitamin B2: 0.19mg (11.08%), Vitamin B5: 0.88mg (8.82%), Selenium: 4.6µg (6.57%), Calcium: 62.87mg (6.29%), Vitamin C: 4.55mg (5.52%), Vitamin A: 109.2IU (2.18%)