



Date-Marshmallow Waldorf Salad

 Gluten Free

READY IN



80 min.

SERVINGS



4

CALORIES



400 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup celery chopped
- 0.5 cup dates pitted chopped
- 0.5 cup heavy cream
- 1 teaspoon juice of lemon
- 0.3 cup marshmallows miniature
- 0.3 cup mayonnaise
- 1 pinch salt
- 2 cups tart apples diced peeled

- 0.5 cup walnuts chopped
- 1 tablespoon sugar white

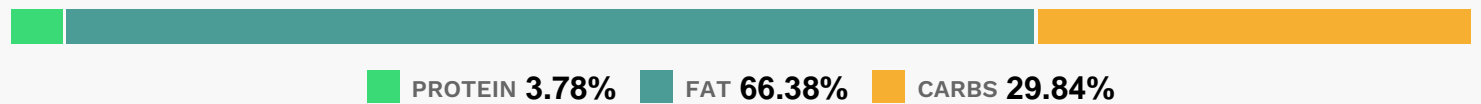
Equipment

- bowl
- hand mixer

Directions

- Place the apples in a medium serving bowl and sprinkle with sugar, lemon juice and salt. Stir in the celery, dates and walnuts. In a separate bowl, whip the cream with an electric mixer until it can hold a peak.
- Mix in mayonnaise and gently fold into the apple mixture along with the marshmallows. Refrigerate for at least 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:79.15, Glycemic Load:12.61, Inflammation Score:-5, Nutrition Score:8.4473912249441%

Flavonoids

Cyanidin: 1.69mg, Cyanidin: 1.69mg, Cyanidin: 1.69mg, Cyanidin: 1.69mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg 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: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg

Nutrients (% of daily need)

Calories: 399.85kcal (19.99%), Fat: 30.97g (47.64%), Saturated Fat: 9.41g (58.8%), Carbohydrates: 31.32g (10.44%), Net Carbohydrates: 27.17g (9.88%), Sugar: 24.47g (27.19%), Cholesterol: 39.5mg (13.17%), Sodium: 120.55mg (5.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.96g (7.93%), Manganese: 0.58mg (29.21%), Vitamin K: 29.74µg (28.32%), Fiber: 4.16g (16.64%), Copper: 0.3mg (15.05%), Vitamin A: 541.7IU (10.83%), Magnesium: 37.88mg (9.47%), Phosphorus: 92.44mg (9.24%), Potassium: 317.3mg (9.07%), Vitamin B6: 0.16mg (7.8%), Vitamin B2: 0.12mg (6.88%), Vitamin E: 0.99mg (6.62%), Folate: 26.42µg (6.6%), Vitamin B1: 0.08mg (5.36%), Calcium: 51.26mg (5.13%), Vitamin C: 4.19mg (5.08%), Iron: 0.78mg (4.35%), Zinc: 0.64mg (4.27%), Selenium: 2.61µg (3.72%), Vitamin B5: 0.36mg (3.63%), Vitamin D: 0.5µg (3.36%), Vitamin B3: 0.52mg (2.59%), Vitamin B12: 0.06µg (1.07%)