



Delicious Apple Salad

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



265 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

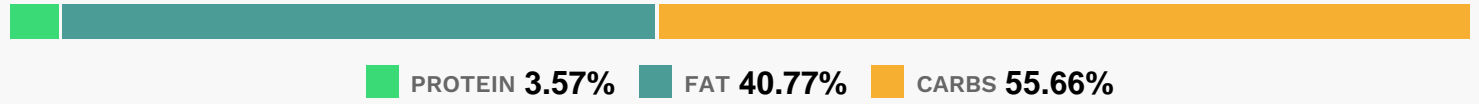
- 10 granny smith apples cored peeled chopped
- 1 teaspoon granulated sugar
- 1 cup pecans chopped
- 16 ounce pineapple chunks canned
- 2 cups raisins
- 20 ounces cup heavy whipping cream sour

Equipment

Directions

- Combine the apples, undrained pineapple, raisins, pecans and sour cream.
- Mix well and add sugar to taste.
- Serve chilled.

Nutrition Facts



Properties

Glycemic Index:11.39, Glycemic Load:12.79, Inflammation Score:-4, Nutrition Score:6.7908696039863%

Flavonoids

Cyanidin: 2.69mg, Cyanidin: 2.69mg, Cyanidin: 2.69mg, Cyanidin: 2.69mg Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 2.1mg, Catechin: 2.1mg, Catechin: 2.1mg, Catechin: 2.1mg Epigallocatechin: 0.72mg, Epigallocatechin: 0.72mg, Epigallocatechin: 0.72mg, Epigallocatechin: 0.72mg Epicatechin: 9.2mg, Epicatechin: 9.2mg, Epicatechin: 9.2mg, Epicatechin: 9.2mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 4.87mg, Quercetin: 4.87mg, Quercetin: 4.87mg, Quercetin: 4.87mg

Nutrients (% of daily need)

Calories: 264.55kcal (13.23%), Fat: 12.91g (19.86%), Saturated Fat: 4.34g (27.11%), Carbohydrates: 39.65g (13.22%), Net Carbohydrates: 34.33g (12.48%), Sugar: 18.77g (20.86%), Cholesterol: 22.3mg (7.43%), Sodium: 18.65mg (0.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.55g (5.09%), Fiber: 5.32g (21.27%), Manganese: 0.43mg (21.26%), Vitamin C: 9.89mg (11.99%), Potassium: 403.87mg (11.54%), Copper: 0.22mg (10.88%), Vitamin B2: 0.15mg (8.59%), Vitamin B1: 0.13mg (8.58%), Phosphorus: 78.82mg (7.88%), Magnesium: 28.98mg (7.24%), Vitamin B6: 0.14mg (6.98%), Vitamin A: 320.2IU (6.4%), Calcium: 60.8mg (6.08%), Iron: 0.94mg (5.23%), Zinc: 0.57mg (3.78%), Vitamin K: 3.7µg (3.53%), Vitamin E: 0.47mg (3.13%), Selenium: 1.91µg (2.73%), Vitamin B5: 0.27mg (2.72%), Vitamin B3: 0.53mg (2.66%), Folate: 9.6µg (2.4%), Vitamin B12: 0.08µg (1.32%)