



Celery and Apple Salad with Cider Vinaigrette

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



113 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons apple cider
- 1 tablespoon apple cider vinegar
- 2 teaspoons canola oil
- 2 teaspoons shallots finely chopped
- 0.5 teaspoon dijon mustard
- 0.5 teaspoon honey
- 0.5 teaspoon salt
- 2 cups the of 1 cos lettuce chopped

- 2 cups celery diagonally sliced
- 0.3 cup cranberries dried sweetened
- 2 tablespoons walnut pieces chopped
- 2 tablespoons cheese blue crumbled

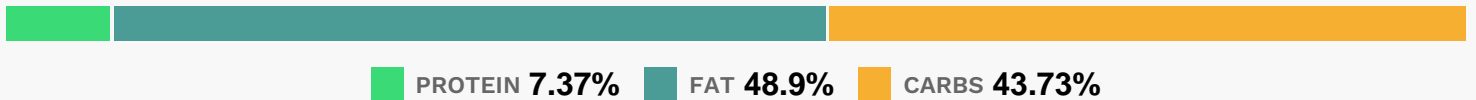
Equipment

- bowl
- whisk

Directions

- In small bowl, beat all dressing ingredients with whisk until blended; set aside.
- In medium bowl, place lettuce, celery, apple and cranberries; toss with dressing. To serve, arrange salad on 4 plates.
- Sprinkle with walnuts and blue cheese.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:68.51, Glycemic Load:1.09, Inflammation Score:-9, Nutrition Score:8.1030434185396%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg

Nutrients (% of daily need)

Calories: 112.91kcal (5.65%), Fat: 6.56g (10.1%), Saturated Fat: 1.15g (7.19%), Carbohydrates: 13.21g (4.4%), Net Carbohydrates: 10.96g (3.99%), Sugar: 9.98g (11.09%), Cholesterol: 2.63mg (0.88%), Sodium: 381.34mg (16.58%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.23g (4.45%), Vitamin A: 2301.86IU (46.04%), Vitamin K: 41.31µg (39.35%), Manganese: 0.31mg (15.4%), Folate: 56.7µg (14.18%), Fiber: 2.25g (8.99%), Potassium: 240.41mg (6.87%), Copper: 0.12mg (5.97%), Calcium: 54.1mg (5.41%), Phosphorus: 52.96mg (5.3%), Vitamin E: 0.78mg (5.17%), Vitamin B6: 0.1mg (4.83%), Magnesium: 19.05mg (4.76%), Vitamin B2: 0.07mg (4.14%), Vitamin B1: 0.05mg (3.35%), Vitamin C: 2.75mg (3.33%), Iron: 0.57mg (3.16%), Vitamin B5: 0.28mg (2.78%), Zinc: 0.39mg (2.61%), Vitamin B3: 0.39mg (1.97%), Selenium: 1.35µg (1.93%)