



Golda's Frozen Waldorf Salad

 Gluten Free

READY IN



180 min.

SERVINGS



8

CALORIES



299 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 medium apples diced
- ☐ 0.5 cup celery diced
- ☐ 8 sprigs mint leaves fresh
- ☐ 1.3 cups heavy cream
- ☐ 0.3 cup juice of lemon fresh
- ☐ 8 maraschino cherries fresh
- ☐ 0.5 cup marshmallows miniature
- ☐ 0.5 cup pineapple crushed drained

- ☐ 0.5 cup pineapple juice
- ☐ 0.5 cup grapes red seedless cut in 1/2
- ☐ 0.1 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 0.5 cup walnuts roughly chopped

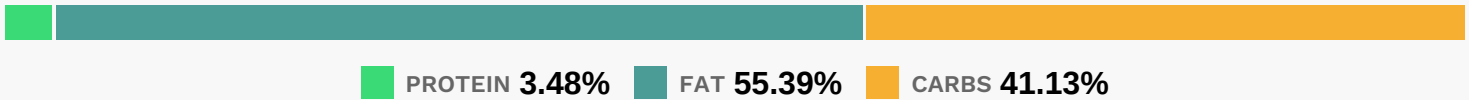
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ In a saucepan, combine the sugar, pineapple juice, lemon juice, and salt over medium heat, stirring constantly, until thick.
- ☐ Remove from heat and let cool. Whip cream and fold it into the cooled syrup mixture. Stir in marshmallows, grapes, pineapple, apples, celery and nuts.
- ☐ Spread mixture into an 8 by 8-inch pan and freeze until frozen throughout, at least 2 hours.
- ☐ Remove the salad from the freezer 5 minutes before serving.
- ☐ Cut into 8 squares.
- ☐ Garnish each serving with a cherry and a sprig of fresh mint.

Nutrition Facts



Properties

Glycemic Index:38.32, Glycemic Load:13.66, Inflammation Score:-5, Nutrition Score:5.8056520949239%

Flavonoids

Cyanidin: 0.91mg, Cyanidin: 0.91mg, Cyanidin: 0.91mg, Cyanidin: 0.91mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg

0.09mg Eriodictyol: 0.68mg, Eriodictyol: 0.68mg, Eriodictyol: 0.68mg, Eriodictyol: 0.68mg Hesperetin: 1.2mg, Hesperetin: 1.2mg, Hesperetin: 1.2mg, Hesperetin: 1.2mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg

Nutrients (% of daily need)

Calories: 299.13kcal (14.96%), Fat: 19.31g (29.71%), Saturated Fat: 9.6g (60.02%), Carbohydrates: 32.27g (10.76%), Net Carbohydrates: 30.01g (10.91%), Sugar: 27.62g (30.68%), Cholesterol: 44.82mg (14.94%), Sodium: 56.54mg (2.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.73g (5.46%), Manganese: 0.37mg (18.38%), Vitamin A: 697.02IU (13.94%), Vitamin C: 9.06mg (10.98%), Copper: 0.19mg (9.44%), Fiber: 2.26g (9.02%), Vitamin B2: 0.12mg (7.06%), Phosphorus: 60.67mg (6.07%), Potassium: 205.57mg (5.87%), Magnesium: 23.47mg (5.87%), Vitamin B6: 0.12mg (5.78%), Vitamin K: 5.92µg (5.64%), Vitamin B1: 0.07mg (4.98%), Calcium: 49.66mg (4.97%), Folate: 18.67µg (4.67%), Vitamin D: 0.63µg (4.23%), Vitamin E: 0.55mg (3.69%), Iron: 0.53mg (2.96%), Zinc: 0.42mg (2.77%), Selenium: 1.8µg (2.58%), Vitamin B5: 0.22mg (2.15%), Vitamin B3: 0.28mg (1.42%), Vitamin B12: 0.06µg (1.06%)