



Green Apple Waldorf Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



11 min.

SERVINGS



4

CALORIES



156 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 large granny smith apples chopped
- 1 tablespoon juice of lemon fresh
- 0.3 cup mayonnaise light
- 0.1 teaspoon salt
- 0.3 cup cranberries dried sweetened
- 2.5 tablespoons walnuts toasted chopped

Equipment

- bowl

Directions

Combine first 5 ingredients in a medium bowl; sprinkle evenly with walnuts. Cover and chill until ready to serve.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:4.16, Inflammation Score:-2, Nutrition Score:4.0117391347885%

Flavonoids

Cyanidin: 1.97mg, Cyanidin: 1.97mg, Cyanidin: 1.97mg, Cyanidin: 1.97mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.45mg, Catechin: 1.45mg, Catechin: 1.45mg, Catechin: 1.45mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 8.4mg, Epicatechin: 8.4mg, Epicatechin: 8.4mg, Epicatechin: 8.4mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 4.83mg, Quercetin: 4.83mg, Quercetin: 4.83mg, Quercetin: 4.83mg

Nutrients (% of daily need)

Calories: 156.33kcal (7.82%), Fat: 7.46g (11.48%), Saturated Fat: 0.91g (5.66%), Carbohydrates: 24.07g (8.02%), Net Carbohydrates: 20.56g (7.48%), Sugar: 17.85g (19.84%), Cholesterol: 2.24mg (0.75%), Sodium: 190.11mg (8.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.32g (2.64%), Fiber: 3.51g (14.03%), Manganese: 0.27mg (13.7%), Vitamin K: 10.72µg (10.21%), Vitamin C: 6.68mg (8.09%), Copper: 0.14mg (6.88%), Vitamin E: 0.72mg (4.77%), Potassium: 158.8mg (4.54%), Vitamin B6: 0.08mg (4.21%), Magnesium: 16.26mg (4.06%), Phosphorus: 36.9mg (3.69%), Vitamin B1: 0.04mg (2.88%), Folate: 10.78µg (2.7%), Vitamin B2: 0.04mg (2.41%), Iron: 0.37mg (2.05%), Zinc: 0.26mg (1.71%), Calcium: 14.61mg (1.46%), Vitamin A: 71.49IU (1.43%), Vitamin B5: 0.13mg (1.33%), Vitamin B3: 0.22mg (1.09%), Selenium: 0.72µg (1.03%)