



Holiday Apple Side Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



388 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 stalks celery diced
- 2 large granny smith apples diced cored peeled
- 1 bunch globe grapes red halved seeded
- 32 ounce kidney beans dark red drained and rinsed canned
- 1.5 cups creamy salad dressing

Equipment

- bowl

Directions

In a large bowl mix together the kidney beans, celery, and grapes. Stir in the creamy salad dressing a little at a time. Adjust the amount of creamy salad dressing to suit your taste.

Nutrition Facts



Properties

Glycemic Index:23.55, Glycemic Load:11.72, Inflammation Score:-7, Nutrition Score:17.542173997216%

Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.97mg, Catechin: 0.97mg, Catechin: 0.97mg, Catechin: 0.97mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 5.6mg, Epicatechin: 5.6mg, Epicatechin: 5.6mg, Epicatechin: 5.6mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 13.34mg, Quercetin: 13.34mg, Quercetin: 13.34mg, Quercetin: 13.34mg

Nutrients (% of daily need)

Calories: 388.03kcal (19.4%), Fat: 13.33g (20.52%), Saturated Fat: 1.88g (11.75%), Carbohydrates: 56.04g (18.68%), Net Carbohydrates: 42.66g (15.51%), Sugar: 17.99g (19.99%), Cholesterol: 0mg (0%), Sodium: 598.24mg (26.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.79g (27.57%), Fiber: 13.37g (53.5%), Vitamin K: 54.21µg (51.63%), Folate: 204.01µg (51%), Manganese: 0.79mg (39.7%), Iron: 4.79mg (26.61%), Phosphorus: 239.09mg (23.91%), Potassium: 812.99mg (23.23%), Copper: 0.43mg (21.42%), Magnesium: 77.63mg (19.41%), Vitamin B1: 0.28mg (18.91%), Vitamin B6: 0.28mg (13.87%), Zinc: 1.72mg (11.47%), Vitamin E: 1.54mg (10.28%), Vitamin C: 6.55mg (7.94%), Vitamin B2: 0.13mg (7.61%), Calcium: 61.87mg (6.19%), Vitamin B3: 1.1mg (5.5%), Selenium: 3.06µg (4.38%), Vitamin B5: 0.42mg (4.21%), Vitamin A: 135.02IU (2.7%)