



It's a Wonderful Waldorf

 Vegetarian  Gluten Free  Dairy Free

READY IN

ready

45 min.

SERVINGS

servings

6

CALORIES

calories

499 kcal

SIDE DISH

Ingredients

- ☐ 2 ginger gold apples Fuji will substitute
- ☐ 2 stalks celery thin
- ☐ 3 tablespoons cider vinegar
- ☐ 2 teaspoons curry powder
- ☐ 0.3 cup mint leaves fresh
- ☐ 1 cup golden raisins
- ☐ 1 pinch kosher salt
- ☐ 1 cup mayonnaise prepared

- ☐ 6 servings cracked pepper black
- ☐ 1 delicious apple red
- ☐ 0.5 onion red julienned
- ☐ 1 head romaine lettuce
- ☐ 0.8 cup walnuts crushed toasted

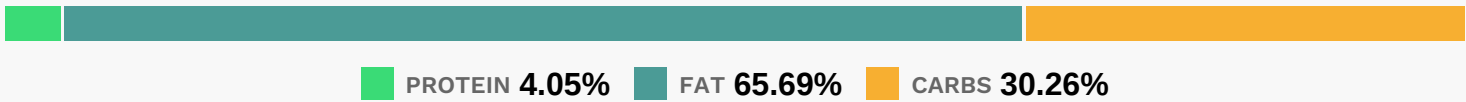
Equipment

- ☐ bowl
- ☐ melon baller

Directions

- ☐ Cut apples in half and remove the core with a melon baller. Chop apples into medium-sized pieces, leaving skin on.
- ☐ In a bowl, toss apples with the cider vinegar. Fold in mayonnaise thoroughly. Season with salt and pepper to taste. Fold in walnuts, raisins, curry powder, celery, and mint. Adjust seasoning. Refrigerate for at least 1 hour to allow flavors to incorporate. To serve, arrange 2 leaves of romaine lettuce per plate and spoon salad on top.

Nutrition Facts



Properties

Glycemic Index:54.44, Glycemic Load:14.27, Inflammation Score:-10, Nutrition Score:21.321304476779%

Flavonoids

Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Apigenin: 0.52mg, Apigenin: 0.52mg, Apigenin: 0.52mg, Apigenin: 0.52mg Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg

Luteolin: 0.62mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg
Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg Quercetin: 8.44mg,
Quercetin: 8.44mg, Quercetin: 8.44mg, Quercetin: 8.44mg

Nutrients (% of daily need)

Calories: 498.83kcal (24.94%), Fat: 38.19g (58.75%), Saturated Fat: 5.4g (33.74%), Carbohydrates: 39.57g (13.19%),
Net Carbohydrates: 32.43g (11.79%), Sugar: 26.22g (29.13%), Cholesterol: 15.68mg (5.23%), Sodium: 268.53mg
(11.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.3g (10.6%), Vitamin A: 9337.14IU (186.74%), Vitamin K:
175.81µg (167.44%), Manganese: 0.88mg (44.25%), Folate: 171.98µg (43%), Fiber: 7.14g (28.55%), Copper: 0.43mg
(21.29%), Potassium: 686.69mg (19.62%), Vitamin B6: 0.31mg (15.31%), Magnesium: 57.72mg (14.43%), Phosphorus:
138.31mg (13.83%), Vitamin C: 11.29mg (13.68%), Iron: 2.45mg (13.63%), Vitamin E: 1.84mg (12.27%), Vitamin B2:
0.19mg (11.03%), Vitamin B1: 0.16mg (10.47%), Calcium: 87.69mg (8.77%), Zinc: 0.95mg (6.36%), Vitamin B3: 0.97mg
(4.85%), Vitamin B5: 0.44mg (4.39%), Selenium: 2.39µg (3.41%)