



Jenny's Sweet Waldorf Salad

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



447 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup almonds sliced
- ☐ 0.3 cup brown sugar
- ☐ 1 stalk celery diced
- ☐ 1 cup golden raisins
- ☐ 2 granny smith apples diced cored
- ☐ 1 cup grapes green seedless halved
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 3 tablespoons juice of lemon

- ☐ 0.8 cup mayonnaise
- ☐ 1 asian pear cored cubed
- ☐ 1.3 cups yogurt plain
- ☐ 1 delicious apple diced red cored
- ☐ 1.5 cups cranberries dried sweetened
- ☐ 0.3 cup sugar white

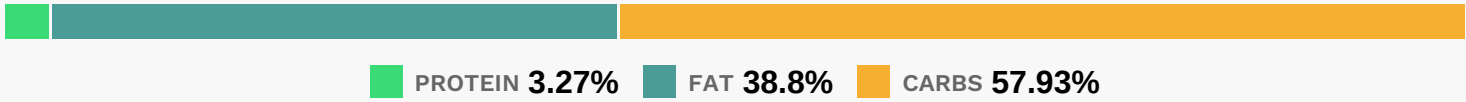
Equipment

- ☐ bowl

Directions

- ☐ In a large bowl, combine the Granny Smith apples, Red Delicious apple, Asian pear, celery, almonds, golden raisins, grapes and cranberries. In a separate bowl, stir together the yogurt, white sugar, brown sugar, mayonnaise, lemon juice and cinnamon.
- ☐ Pour the dressing over the fruit mixture and stir gently until evenly coated.

Nutrition Facts



Properties

Glycemic Index:48.69, Glycemic Load:17.57, Inflammation Score:-3, Nutrition Score:9.2391304995703%

Flavonoids

Cyanidin: 1.81mg, Cyanidin: 1.81mg, Cyanidin: 1.81mg, Cyanidin: 1.81mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.02mg, Catechin: 1.02mg, Catechin: 1.02mg, Catechin: 1.02mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 6.01mg, Epicatechin: 6.01mg, Epicatechin: 6.01mg 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 Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg

Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg Quercetin: 4.44mg, Quercetin: 4.44mg, Quercetin: 4.44mg, Quercetin: 4.44mg

Nutrients (% of daily need)

Calories: 446.52kcal (22.33%), Fat: 20.37g (31.34%), Saturated Fat: 3.56g (22.28%), Carbohydrates: 68.45g (22.82%), Net Carbohydrates: 63.14g (22.96%), Sugar: 56.92g (63.24%), Cholesterol: 13.8mg (4.6%), Sodium: 162.31mg (7.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.87g (7.73%), Vitamin K: 43.41µg (41.34%), Fiber: 5.31g (21.24%), Vitamin E: 2.89mg (19.29%), Manganese: 0.33mg (16.61%), Vitamin B2: 0.21mg (12.15%), Potassium: 418.57mg (11.96%), Copper: 0.22mg (10.76%), Phosphorus: 107.15mg (10.71%), Vitamin C: 7.85mg (9.52%), Calcium: 94.37mg (9.44%), Magnesium: 35.66mg (8.92%), Vitamin B6: 0.15mg (7.49%), Iron: 0.97mg (5.4%), Zinc: 0.6mg (3.97%), Vitamin B1: 0.06mg (3.94%), Vitamin B5: 0.38mg (3.81%), Vitamin B3: 0.73mg (3.67%), Folate: 13.81µg (3.45%), Selenium: 2.04µg (2.92%), Vitamin B12: 0.17µg (2.78%), Vitamin A: 129.64IU (2.59%)