



Left Bank Apple Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



260 min.

SERVINGS



4

CALORIES



164 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup celery diced
- ☐ 3 granny smith apples cored chopped
- ☐ 1 tablespoon juice of lemon
- ☐ 8 ounce peach yogurt low-fat
- ☐ 0.8 cup grapes red seedless halved
- ☐ 0.3 cup walnuts coarsely chopped

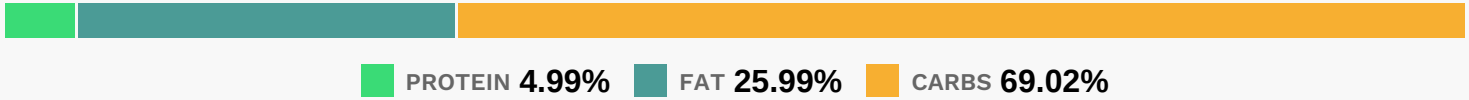
Equipment

- ☐ bowl

Directions

- ☐ Place apples in a large bowl and sprinkle with lemon juice. Toss gently.
- ☐ Add the celery, grapes, and walnuts.
- ☐ Pour in the yogurt and mix until ingredients are coated. Cover bowl and refrigerate several hours or overnight to blend the flavors.

Nutrition Facts



Properties

Glycemic Index:42.56, Glycemic Load:9.32, Inflammation Score:-5, Nutrition Score:6.4626086898472%

Flavonoids

Cyanidin: 3.43mg, Cyanidin: 3.43mg, Cyanidin: 3.43mg, Cyanidin: 3.43mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 4.56mg, Catechin: 4.56mg, Catechin: 4.56mg, Catechin: 4.56mg Epigallocatechin: 0.94mg, Epigallocatechin: 0.94mg, Epigallocatechin: 0.94mg, Epigallocatechin: 0.94mg Epicatechin: 11.61mg, Epicatechin: 11.61mg, Epicatechin: 11.61mg, Epicatechin: 11.61mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg 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 Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 5.89mg, Quercetin: 5.89mg, Quercetin: 5.89mg, Quercetin: 5.89mg

Nutrients (% of daily need)

Calories: 164.16kcal (8.21%), Fat: 5.22g (8.03%), Saturated Fat: 0.52g (3.23%), Carbohydrates: 31.2g (10.4%), Net Carbohydrates: 26.18g (9.52%), Sugar: 23.74g (26.38%), Cholesterol: 0mg (0%), Sodium: 16.22mg (0.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.26g (4.51%), Fiber: 5.02g (20.07%), Manganese: 0.36mg (18.06%), Vitamin C: 11.32mg (13.72%), Copper: 0.24mg (11.84%), Vitamin K: 11.5µg (10.95%), Potassium: 327.3mg (9.35%), Vitamin B6: 0.14mg (7.09%), Magnesium: 26.05mg (6.51%), Vitamin A: 316.71IU (6.33%), Phosphorus: 60.77mg (6.08%), Vitamin B1: 0.08mg (5.6%), Vitamin E: 0.79mg (5.29%), Vitamin B2: 0.09mg (5.25%), Folate: 19.01µg (4.75%), Iron: 0.69mg (3.84%), Vitamin B3: 0.75mg (3.73%), Zinc: 0.44mg (2.96%), Vitamin B5: 0.25mg (2.51%), Calcium: 24.05mg (2.4%), Selenium: 1.61µg (2.31%)