



Lemony Apple Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



183 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup celery diced
- 1 apples i use 2 granny smith apples cored chopped
- 2 tablespoons honey
- 2 tablespoons juice of lemon
- 0.5 teaspoon lemon rind grated
- 0.3 cup mayonnaise
- 0.3 cup pecans toasted chopped
- 0.3 cup raisins

2 delicious apples red cored chopped

0.3 teaspoon salt

Equipment

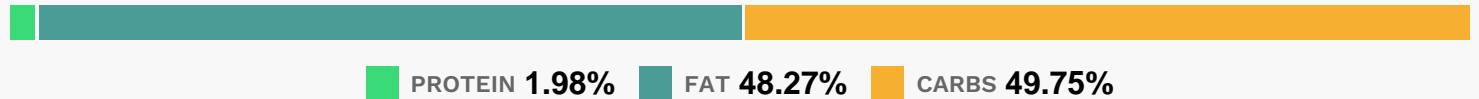
bowl

Directions

Stir together first 5 ingredients in a large bowl. Stir in apples, celery, and raisins. Cover and chill until ready to serve.

Sprinkle with chopped pecans just before serving.

Nutrition Facts



Properties

Glycemic Index:44.51, Glycemic Load:8.94, Inflammation Score:-2, Nutrition Score:4.1247825697064%

Flavonoids

Cyanidin: 1.92mg, Cyanidin: 1.92mg, Cyanidin: 1.92mg, Cyanidin: 1.92mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.51mg, Catechin: 1.51mg, Catechin: 1.51mg, Catechin: 1.51mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg Epicatechin: 6.89mg, Epicatechin: 6.89mg, Epicatechin: 6.89mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 3.68mg, Quercetin: 3.68mg, Quercetin: 3.68mg, Quercetin: 3.68mg

Nutrients (% of daily need)

Calories: 183.1kcal (9.16%), Fat: 10.46g (16.09%), Saturated Fat: 1.41g (8.83%), Carbohydrates: 24.25g (8.08%), Net Carbohydrates: 21.1g (7.67%), Sugar: 15.63g (17.37%), Cholesterol: 3.92mg (1.31%), Sodium: 162.47mg (7.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.96g (1.93%), Vitamin K: 18.61µg (17.72%), Manganese: 0.26mg (13.19%), Fiber: 3.14g (12.58%), Vitamin C: 6.88mg (8.34%), Potassium: 187.72mg (5.36%), Copper: 0.1mg (5.21%),

Vitamin B1: 0.06mg (3.69%), Vitamin E: 0.55mg (3.69%), Vitamin B6: 0.07mg (3.32%), Magnesium: 12.88mg (3.22%), Phosphorus: 30.79mg (3.08%), Vitamin B2: 0.05mg (2.84%), Iron: 0.44mg (2.47%), Zinc: 0.29mg (1.94%), Folate: 7.05µg (1.76%), Vitamin A: 77.03IU (1.54%), Calcium: 13.76mg (1.38%), Vitamin B5: 0.14mg (1.36%), Vitamin B3: 0.23mg (1.15%)