



Lime Jell-O® Waldorf Salad

 **Gluten Free**  **Dairy Free**

READY IN

ready

255 min.

SERVINGS

servings

8

CALORIES

calories

179 kcal

- SIDE DISH
- ANTIPASTI
- STARTER
- SNACK

Ingredients

- ☐ 4 stalks celery chopped
- ☐ 6 ounce lime-flavored gelatin mix such as Jell-O®
- ☐ 4 apples red chopped
- ☐ 0.5 cup walnuts chopped to taste
- ☐ 2 cups water cold

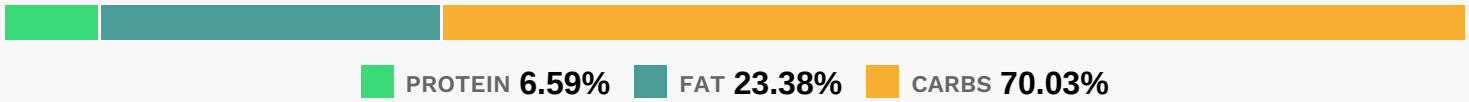
Equipment

- ☐ bowl

Directions

- ☐ Dissolve lime gelatin in boiling water in a bowl; stir cold water into gelatin.
- ☐ Pour gelatin into a mold.
- ☐ Stir apples, celery, and walnuts into gelatin. Refrigerate until firm, about 4 hours. Dip mold into hot water to loosen salad; place a plate on top of the mold and invert to release salad from mold.

Nutrition Facts



Properties

Glycemic Index:10.5, Glycemic Load:3.51, Inflammation Score:-3, Nutrition Score:4.2869565020437%

Flavonoids

Cyanidin: 1.63mg, Cyanidin: 1.63mg, Cyanidin: 1.63mg, Cyanidin: 1.63mg 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 Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg

Nutrients (% of daily need)

Calories: 178.95kcal (8.95%), Fat: 4.96g (7.63%), Saturated Fat: 0.48g (3.01%), Carbohydrates: 33.4g (11.13%), Net Carbohydrates: 30.4g (11.06%), Sugar: 28.22g (31.35%), Cholesterol: 0mg (0%), Sodium: 119.1mg (5.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.14g (6.29%), Manganese: 0.3mg (15.22%), Fiber: 2.99g (11.98%), Copper: 0.18mg (9.12%), Vitamin K: 8.06µg (7.68%), Phosphorus: 70.09mg (7.01%), Vitamin C: 4.9mg (5.94%), Potassium: 183.11mg (5.23%), Magnesium: 19.32mg (4.83%), Vitamin B6: 0.09mg (4.58%), Folate: 17.73µg (4.43%), Vitamin B2: 0.05mg (3.22%), Vitamin B1: 0.05mg (3.02%), Vitamin A: 140.4IU (2.81%), Selenium: 1.86µg (2.66%), Calcium: 23.04mg (2.3%), Iron: 0.39mg (2.16%), Zinc: 0.3mg (1.98%), Vitamin E: 0.27mg (1.79%), Vitamin B5: 0.15mg (1.49%), Vitamin B3: 0.23mg (1.15%)