



Mixed Nut Waldorf Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



23 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

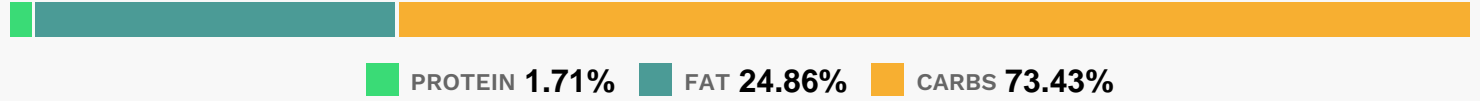
- 1 lb apples finely chopped
- 0.3 cup celery chopped
- 3 Tbsp mayo reduced fat mayonnaise light kraft
- 0.3 cup planters lightly nutâ€¦crition heart healthy mix salted coarsely chopped
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Equipment

Directions

Combine all ingredients.

Nutrition Facts



Properties

Glycemic Index:4.27, Glycemic Load:1.11, Inflammation Score:-1, Nutrition Score:0.66565217110126%

Flavonoids

Cyanidin: 0.47mg, Cyanidin: 0.47mg, Cyanidin: 0.47mg, Cyanidin: 0.47mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

Nutrients (% of daily need)

Calories: 22.7kcal (1.14%), Fat: 0.68g (1.04%), Saturated Fat: 0.11g (0.66%), Carbohydrates: 4.5g (1.5%), Net Carbohydrates: 3.74g (1.36%), Sugar: 3.27g (3.64%), Cholesterol: 0.45mg (0.15%), Sodium: 25.25mg (1.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.1g (0.21%), Fiber: 0.76g (3.05%), Vitamin K: 2.83µg (2.69%), Vitamin C: 1.46mg (1.77%), Potassium: 39.06mg (1.12%)