



Morgan's Waldorf Salad

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



363 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 bosc pear cubed
- 3 ribs celery chopped
- 1 gala apple cubed
- 1 golden delicious apple cubed
- 1 apples i use 2 granny smith apples cubed
- 1 tablespoon granulated cane sugar
- 0.8 cup mayonnaise
- 0.3 cup pecans chopped

- 1 cup cup heavy whipping cream sour
- 0.8 cup cranberries dried sweetened
- 0.5 cup walnuts chopped

Equipment

- bowl
- whisk

Directions

- Combine Granny Smith apple, Golden Delicious apple, Gala apple, Bosc pear, celery, cranberries, walnuts, and pecans in a large bowl.
- Whisk sour cream, mayonnaise, sugar, and lemon juice together in a separate bowl for the dressing.
- Pour dressing into apple mixture; toss until evenly coated. Chill in refrigerator for at least 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:40.23, Glycemic Load:4.93, Inflammation Score:-4, Nutrition Score:7.6408695202807%

Flavonoids

Cyanidin: 1.8mg, Cyanidin: 1.8mg, Cyanidin: 1.8mg, Cyanidin: 1.8mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg Epicatechin: 5.54mg, Epicatechin: 5.54mg, Epicatechin: 5.54mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 3.42mg, Quercetin: 3.42mg, Quercetin: 3.42mg, Quercetin: 3.42mg

Quercetin: 3.42mg

Nutrients (% of daily need)

Calories: 363.27kcal (18.16%), Fat: 28.8g (44.31%), Saturated Fat: 6.05g (37.83%), Carbohydrates: 27.03g (9.01%), Net Carbohydrates: 23.04g (8.38%), Sugar: 20.56g (22.84%), Cholesterol: 25.78mg (8.59%), Sodium: 156.12mg (6.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.71g (5.42%), Vitamin K: 42.63µg (40.6%), Manganese: 0.49mg (24.39%), Fiber: 3.99g (15.95%), Copper: 0.22mg (10.81%), Vitamin E: 1.33mg (8.84%), Phosphorus: 75.46mg (7.55%), Potassium: 228.19mg (6.52%), Magnesium: 25.83mg (6.46%), Vitamin A: 305.22IU (6.1%), Vitamin B2: 0.1mg (6.07%), Vitamin B6: 0.11mg (5.6%), Calcium: 53.4mg (5.34%), Vitamin B1: 0.07mg (4.96%), Folate: 19.7µg (4.92%), Vitamin C: 3.93mg (4.76%), Zinc: 0.59mg (3.91%), Vitamin B5: 0.32mg (3.21%), Selenium: 2.19µg (3.13%), Iron: 0.56mg (3.12%), Vitamin B3: 0.36mg (1.79%), Vitamin B12: 0.09µg (1.43%)