



New Age Waldorf Salad



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



143 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 5 cups apples chopped (such as Granny Smith, Rome, and/or Gala)
- ☐ 2 cups apple cider
- ☐ 8 boston lettuce leaves
- ☐ 1 cup celery root peeled chopped (celery root)
- ☐ 0.5 teaspoon celery seeds
- ☐ 0.5 cup pecans toasted coarsely chopped
- ☐ 8 ounce carton yogurt plain low-fat

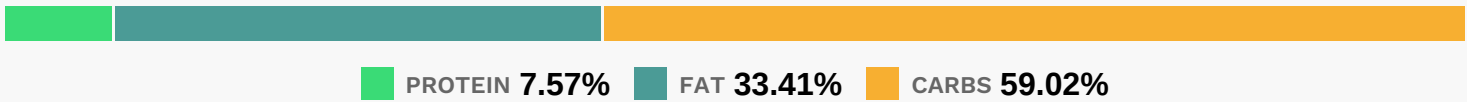
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ spatula

Directions

- ☐ Spoon yogurt onto several layers of heavy-duty paper towels, and spread to 1/2-inch thickness. Cover yogurt with additional paper towels, and let stand 5 minutes.
- ☐ Scrape into a bowl using a rubber spatula; cover and chill.
- ☐ Bring cider to a boil in a medium, heavy saucepan over high heat; cook until reduced to 1/2 cup (about 20 minutes). Cool completely.
- ☐ Combine the chilled yogurt, cider, and celery seeds in a large bowl, stirring yogurt mixture well with a whisk.
- ☐ Add the chopped apple, celeriac, and toasted pecans, tossing gently to coat.
- ☐ Serve salad on lettuce-lined plates.

Nutrition Facts



Properties

Glycemic Index:14.72, Glycemic Load:6.05, Inflammation Score:-5, Nutrition Score:7.2069565213245%

Flavonoids

Cyanidin: 1.97mg, Cyanidin: 1.97mg, Cyanidin: 1.97mg, Cyanidin: 1.97mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 2.25mg, Catechin: 2.25mg, Catechin: 2.25mg, Catechin: 2.25mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 8.72mg, Epicatechin: 8.72mg, Epicatechin: 8.72mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin:

0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.92mg, Quercetin: 3.92mg, Quercetin: 3.92mg, Quercetin: 3.92mg

Nutrients (% of daily need)

Calories: 143.33kcal (7.17%), Fat: 5.68g (8.73%), Saturated Fat: 0.76g (4.76%), Carbohydrates: 22.57g (7.52%), Net Carbohydrates: 19.39g (7.05%), Sugar: 16.52g (18.36%), Cholesterol: 1.7mg (0.57%), Sodium: 43.44mg (1.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.89g (5.79%), Vitamin K: 25.35µg (24.15%), Manganese: 0.45mg (22.29%), Fiber: 3.18g (12.71%), Vitamin A: 557.92IU (11.16%), Phosphorus: 100.48mg (10.05%), Potassium: 333.4mg (9.53%), Calcium: 81.9mg (8.19%), Vitamin C: 6.56mg (7.95%), Vitamin B2: 0.12mg (7.13%), Vitamin B1: 0.1mg (6.79%), Magnesium: 26.32mg (6.58%), Copper: 0.13mg (6.57%), Vitamin B6: 0.12mg (5.82%), Folate: 19.48µg (4.87%), Zinc: 0.71mg (4.71%), Iron: 0.74mg (4.1%), Vitamin B5: 0.39mg (3.94%), Vitamin B12: 0.16µg (2.65%), Vitamin E: 0.35mg (2.33%), Selenium: 1.5µg (2.14%), Vitamin B3: 0.42mg (2.1%)