



## Northwest Waldorf Salad

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



129 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 pound bartlett pears
- 0.8 cup celery finely chopped
- 0.5 cup cherries dried chopped
- 0.3 cup yogurt plain fat-free
- 0.3 cup hazelnuts toasted chopped
- 1 tablespoon juice of lemon fresh
- 3 tablespoons cup heavy whipping cream sour reduced-fat
- 0.3 teaspoon salt

# Equipment

- bowl
- whisk

# Directions

- Combine first 3 ingredients in a large bowl.
- Combine yogurt, sour cream, juice, and salt in a bowl, stirring well with a whisk.
- Drizzle yogurt mixture over celery mixture; toss gently.
- Peel, core, and chop pears.
- Add pears to salad, and toss gently. Cover and chill 1 hour.

# Nutrition Facts



# Properties

Glycemic Index:14.67, Glycemic Load:3.8, Inflammation Score:-4, Nutrition Score:5.1560868834672%

# Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

# Nutrients (% of daily need)

Calories: 129.25kcal (6.46%), Fat: 3.85g (5.92%), Saturated Fat: 0.64g (4.01%), Carbohydrates: 21.57g (7.19%), Net Carbohydrates: 17.58g (6.39%), Sugar: 14.06g (15.63%), Cholesterol: 2.37mg (0.79%), Sodium: 124.85mg (5.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.84g (5.69%), Manganese: 0.35mg (17.55%), Fiber: 3.99g (15.95%), Vitamin A: 458.22IU (9.16%), Copper: 0.15mg (7.64%), Vitamin K: 7.34µg (6.99%), Vitamin C: 5.18mg

(6.27%), Calcium: 62.4mg (6.24%), Vitamin E: 0.9mg (5.98%), Potassium: 193.2mg (5.52%), Phosphorus: 51.68mg (5.17%), Folate: 17.52µg (4.38%), Magnesium: 17.41mg (4.35%), Vitamin B2: 0.07mg (4.23%), Vitamin B1: 0.05mg (3.56%), Vitamin B6: 0.07mg (3.34%), Iron: 0.59mg (3.26%), Zinc: 0.36mg (2.42%), Vitamin B5: 0.2mg (1.99%), Vitamin B12: 0.11µg (1.8%), Vitamin B3: 0.28mg (1.39%), Selenium: 0.92µg (1.32%)