



Rudolph's Apple Salad

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



267 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

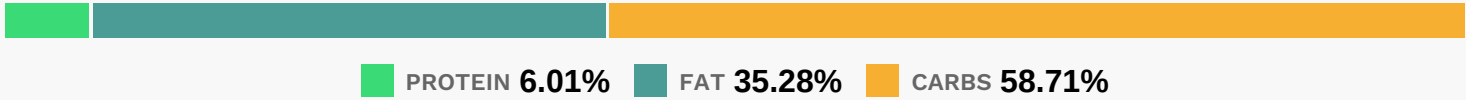
- ☐ 1 rib celery diced
- ☐ 1 large apples i use 2 granny smith apples coarsely chopped
- ☐ 2 cups cereal
- ☐ 0.5 cup lemon yogurt
- ☐ 1.5 cups marshmallows miniature
- ☐ 0.3 cup mayonnaise
- ☐ 2 large delicious apples red coarsely chopped

Equipment

Directions

☐ Stir together chopped apples and next four ingredients. Spoon mixture evenly into 8 individual serving dishes, and then sprinkle evenly with granola just before serving.

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:7.9, Inflammation Score:-3, Nutrition Score:7.7704346685306%

Flavonoids

Cyanidin: 1.31mg, Cyanidin: 1.31mg, Cyanidin: 1.31mg, Cyanidin: 1.31mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.09mg, Catechin: 1.09mg, Catechin: 1.09mg, Catechin: 1.09mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 6.3mg, Epicatechin: 6.3mg, Epicatechin: 6.3mg, Epicatechin: 6.3mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Eriodictyol: 2.83mg, Eriodictyol: 2.83mg, Eriodictyol: 2.83mg, Eriodictyol: 2.83mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.5mg, Quercetin: 3.5mg, Quercetin: 3.5mg, Quercetin: 3.5mg

Nutrients (% of daily need)

Calories: 267.19kcal (13.36%), Fat: 10.93g (16.82%), Saturated Fat: 1.53g (9.56%), Carbohydrates: 40.94g (13.65%), Net Carbohydrates: 36.96g (13.44%), Sugar: 20.7g (23%), Cholesterol: 2.94mg (0.98%), Sodium: 63.22mg (2.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.19g (8.38%), Manganese: 0.85mg (42.6%), Fiber: 3.98g (15.9%), Vitamin K: 14.63µg (13.93%), Vitamin C: 10.9mg (13.22%), Vitamin E: 1.57mg (10.5%), Phosphorus: 103.24mg (10.32%), Iron: 1.54mg (8.57%), Magnesium: 33.27mg (8.32%), Selenium: 5.65µg (8.07%), Vitamin B1: 0.11mg (7.66%), Potassium: 228.3mg (6.52%), Copper: 0.13mg (6.32%), Vitamin B2: 0.08mg (4.75%), Zinc: 0.67mg (4.44%), Vitamin B6: 0.08mg (4.12%), Folate: 14.82µg (3.71%), Calcium: 35.58mg (3.56%), Vitamin B5: 0.26mg (2.63%), Vitamin B3: 0.39mg (1.93%), Vitamin A: 53.18IU (1.06%)