



Traditional Mexican Christmas Salad

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



304 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup celery diced
- 6 granny smith apples
- 0.3 cup mayonnaise
- 2 cups pineapple diced
- 0.3 cup raisins
- 6 servings salt and pepper black freshly ground
- 1 tablespoon cup heavy whipping cream sour
- 0.3 cup coconut or shredded sweetened

0.5 cup walnuts roughly chopped

Equipment

bowl

melon baller

Directions

Watch how to make this recipe.

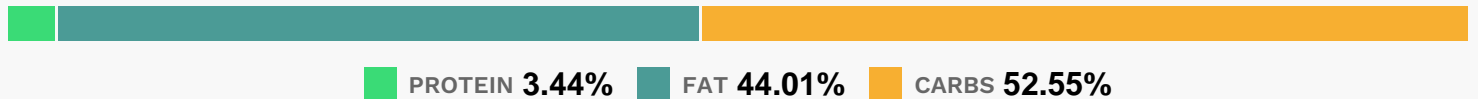
Slice 1/4 of the top off of each apple and reserve. Using melon baller, scoop out the apple flesh to leave a hollow cavity (which will be filled with finished salad). Coarsely chop the apple flesh and mix with the remaining ingredients in large bowl. Season with salt and pepper, to taste.

Spoon about 3 tablespoons of the mixture in each hollowed out apple and place the reserved tops on the filling (any unused filling can be refrigerated for up to 1 day).

Serve cold or at room temperature.

Cook's Note: To prevent the apples from turning brown while preparing the filling, place them in a bowl of water with the juice of 2 limes added.

Nutrition Facts



Properties

Glycemic Index:47.24, Glycemic Load:14.02, Inflammation Score:-5, Nutrition Score:11.052174044368%

Flavonoids

Cyanidin: 3.12mg, Cyanidin: 3.12mg, Cyanidin: 3.12mg, Cyanidin: 3.12mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.41mg,

Quercetin: 7.41mg, Quercetin: 7.41mg, Quercetin: 7.41mg

Nutrients (% of daily need)

Calories: 303.66kcal (15.18%), Fat: 15.94g (24.52%), Saturated Fat: 3.54g (22.13%), Carbohydrates: 42.82g (14.27%), Net Carbohydrates: 36.1g (13.13%), Sugar: 26.99g (29.99%), Cholesterol: 5.1mg (1.7%), Sodium: 84.56mg (3.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.81g (5.61%), Manganese: 1.07mg (53.7%), Vitamin C: 35.54mg (43.08%), Fiber: 6.72g (26.9%), Vitamin K: 22.54µg (21.47%), Copper: 0.31mg (15.55%), Potassium: 408.57mg (11.67%), Vitamin B6: 0.23mg (11.27%), Magnesium: 37.41mg (9.35%), Vitamin B1: 0.12mg (8.09%), Phosphorus: 75.2mg (7.52%), Folate: 29.19µg (7.3%), Vitamin B2: 0.11mg (6.2%), Iron: 1.01mg (5.63%), Vitamin E: 0.76mg (5.09%), Zinc: 0.58mg (3.86%), Vitamin A: 188.99IU (3.78%), Calcium: 37.21mg (3.72%), Vitamin B5: 0.37mg (3.68%), Vitamin B3: 0.69mg (3.47%), Selenium: 1.74µg (2.49%)