



Waldorf Salad

 Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



169 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

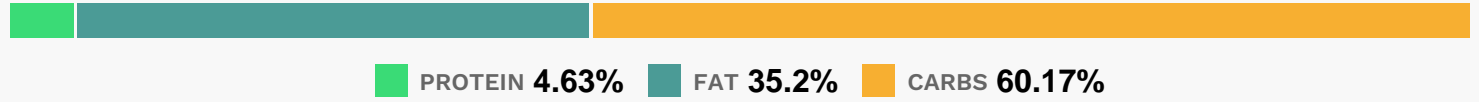
- 3 cups apples chopped
- 1 cup celery thin
- 2 cups marshmallows jet-puffed miniature
- 0.5 cup miracle whip dressing
- 0.5 cup planters walnut pieces

Equipment

Directions

- Mix all ingredients until well blended.
- Serve immediately. Or, cover and refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:24.08, Glycemic Load:10.68, Inflammation Score:-3, Nutrition Score:4.0952173782432%

Flavonoids

Cyanidin: 1.25mg, Cyanidin: 1.25mg, Cyanidin: 1.25mg, Cyanidin: 1.25mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg

Nutrients (% of daily need)

Calories: 169.47kcal (8.47%), Fat: 7.1g (10.92%), Saturated Fat: 0.76g (4.74%), Carbohydrates: 27.3g (9.1%), Net Carbohydrates: 24.46g (8.9%), Sugar: 18.77g (20.85%), Cholesterol: 1.91mg (0.64%), Sodium: 195.07mg (8.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.1g (4.21%), Manganese: 0.37mg (18.67%), Fiber: 2.84g (11.37%), Copper: 0.19mg (9.7%), Vitamin K: 6.57µg (6.26%), Magnesium: 20.72mg (5.18%), Potassium: 164.88mg (4.71%), Phosphorus: 47.05mg (4.7%), Vitamin B6: 0.09mg (4.55%), Folate: 17.66µg (4.41%), Vitamin C: 3.52mg (4.27%), Vitamin B1: 0.05mg (3.17%), Iron: 0.46mg (2.53%), Vitamin A: 125.94IU (2.52%), Vitamin B2: 0.04mg (2.39%), Zinc: 0.35mg (2.37%), Calcium: 21.81mg (2.18%), Vitamin E: 0.23mg (1.51%), Vitamin B5: 0.14mg (1.36%), Selenium: 0.83µg (1.18%), Vitamin B3: 0.23mg (1.16%)