

Waldorf Salad

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



186 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 cups apples red unpeeled coarsely chopped
- 1.5 cups celery stalks chopped
- 1 tablespoon juice of lemon
- 1 tablespoon milk
- 0.5 cup nuts coarsely chopped
- 0.8 cup salad dressing
- 6 servings the salad

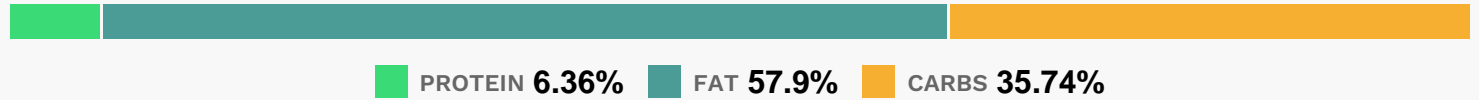
Equipment

bowl

Directions

- Mix mayonnaise, lemon juice and milk in medium bowl.
- Stir in apples, celery and nuts.
- Serve on salad greens. Cover and refrigerate any remaining salad.

Nutrition Facts



Properties

Glycemic Index:21.94, Glycemic Load:3.02, Inflammation Score:-6, Nutrition Score:7.4560869951611%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg 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 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: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 2.61mg, Quercetin: 2.61mg, Quercetin: 2.61mg, Quercetin: 2.61mg

Nutrients (% of daily need)

Calories: 186.26kcal (9.31%), Fat: 12.64g (19.44%), Saturated Fat: 1.77g (11.09%), Carbohydrates: 17.55g (5.85%), Net Carbohydrates: 14.56g (5.29%), Sugar: 10.19g (11.33%), Cholesterol: 0.3mg (0.1%), Sodium: 325.33mg (14.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.12g (6.25%), Vitamin K: 25.23µg (24.03%), Manganese: 0.35mg (17.43%), Vitamin C: 14.07mg (17.06%), Vitamin A: 618.1IU (12.36%), Fiber: 2.99g (11.97%), Copper: 0.21mg (10.26%), Magnesium: 39.22mg (9.81%), Phosphorus: 87.87mg (8.79%), Potassium: 303.96mg (8.68%), Folate: 32.26µg (8.07%), Vitamin B6: 0.13mg (6.67%), Vitamin E: 0.83mg (5.53%), Iron: 0.9mg (5%), Vitamin B3: 0.97mg (4.83%), Vitamin B2: 0.08mg (4.62%), Zinc: 0.63mg (4.2%), Vitamin B1: 0.06mg (3.99%), Calcium: 34.49mg (3.45%), Vitamin B5: 0.31mg (3.05%), Selenium: 0.9µg (1.28%)