



Waldorf Salad



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



181 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

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

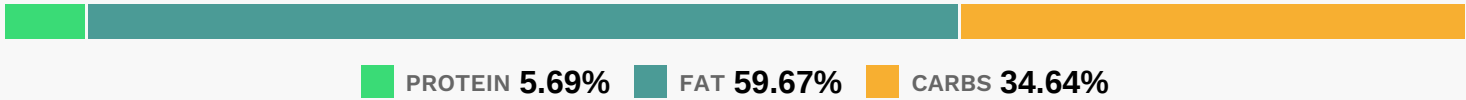
Equipment

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:-4, Nutrition Score:5.9891304885564%

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: 180.93kcal (9.05%), Fat: 12.61g (19.4%), Saturated Fat: 1.77g (11.07%), Carbohydrates: 16.48g (5.49%), Net Carbohydrates: 13.48g (4.9%), Sugar: 10.19g (11.33%), Cholesterol: 0.3mg (0.1%), Sodium: 316.67mg (13.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.71g (5.41%), Vitamin K: 25.23µg (24.03%), Manganese: 0.3mg (14.98%), Fiber: 2.99g (11.97%), Copper: 0.19mg (9.43%), Magnesium: 35.55mg (8.89%), Vitamin C: 6.34mg (7.68%), Phosphorus: 74.87mg (7.49%), Potassium: 246.63mg (7.05%), Vitamin E: 0.83mg (5.53%), Vitamin B6: 0.11mg (5.33%), Folate: 19.93µg (4.98%), Vitamin A: 239.43IU (4.79%), Vitamin B3: 0.78mg (3.91%), Iron: 0.69mg (3.83%), Zinc: 0.56mg (3.73%), Vitamin B2: 0.06mg (3.64%), Vitamin B1: 0.05mg (3.32%), Calcium: 30.16mg (3.02%), Vitamin B5: 0.27mg (2.65%), Selenium: 0.77µg (1.09%)