



Waldorf Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



319 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup apples diced cored peeled
- 1 cup celery diced
- 0.5 cup mayonnaise
- 0.5 cup grapes red seedless halved
- 0.5 cup walnut pieces coarsely chopped

Equipment

- bowl

Directions

- Combine celery, apples, walnuts, and grapes in a medium bowl.
- Stir in mayonnaise.
- Serve at room temperature or chilled.
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- add notes my notes
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- done

Nutrition Facts

 **PROTEIN 3.5%**  **FAT 83.58%**  **CARBS 12.92%**

Properties

Glycemic Index:45, Glycemic Load:3.03, Inflammation Score:-3, Nutrition Score:7.7686956006548%

Flavonoids

Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 318.86kcal (15.94%), Fat: 30.61g (47.09%), Saturated Fat: 4.2g (26.26%), Carbohydrates: 10.64g (3.55%), Net Carbohydrates: 8.34g (3.03%), Sugar: 7.06g (7.84%), Cholesterol: 11.76mg (3.92%), Sodium: 198.98mg (8.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.88g (5.77%), Vitamin K: 56.88µg (54.17%), Manganese: 0.55mg (27.58%), Copper: 0.28mg (13.96%), Fiber: 2.3g (9.22%), Vitamin E: 1.18mg (7.87%), Magnesium: 29.05mg (7.26%), Phosphorus: 69.75mg (6.98%), Folate: 26.14µg (6.53%), Vitamin B6: 0.13mg (6.43%), Potassium: 205.24mg (5.86%), Vitamin B1: 0.08mg (5.09%), Vitamin B2: 0.06mg (3.71%), Zinc: 0.55mg (3.68%), Vitamin C: 3.01mg (3.65%), Iron: 0.64mg (3.56%), Vitamin A: 163.83IU (3.28%), Calcium: 30.43mg (3.04%), Vitamin B5: 0.22mg

(2.22%), Selenium: 1.48µg (2.12%), Vitamin B3: 0.31mg (1.54%)