



Waldorf Salad



Vegetarian



Gluten Free



Popular

READY IN



15 min.

SERVINGS



4

CALORIES



300 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 Tbsp mayonnaise plain (or yogurt)
- ☐ 1 Tbsp juice of lemon
- ☐ 0.5 teaspoon salt
- ☐ 1 pinch pepper black freshly ground
- ☐ 2 apples sweet cored chopped
- ☐ 1 cup grapes red seedless sliced in half (or 1/4 cup of raisins)
- ☐ 1 cup celery thinly sliced
- ☐ 1 cup slightly walnuts toasted chopped

☐ 4 servings lettuce

Equipment

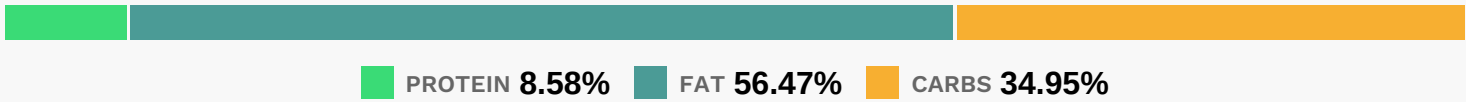
☐ bowl

☐ whisk

Directions

- ☐ In a medium sized bowl, whisk together the mayonnaise (or yogurt), lemon juice, salt and pepper. Stir in the apple, celery, grapes, and walnuts.
- ☐ Serve on a bed of fresh lettuce.

Nutrition Facts



Properties

Glycemic Index:53.25, Glycemic Load:7.6, Inflammation Score:-7, Nutrition Score:14.11478245064%

Flavonoids

Cyanidin: 2.22mg, Cyanidin: 2.22mg, Cyanidin: 2.22mg, Cyanidin: 2.22mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.84mg, Apigenin: 0.84mg, Apigenin: 0.84mg, Apigenin: 0.84mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.03mg, Quercetin: 5.03mg, Quercetin: 5.03mg, Quercetin: 5.03mg

Nutrients (% of daily need)

Calories: 299.85kcal (14.99%), Fat: 20.44g (31.44%), Saturated Fat: 2.5g (15.6%), Carbohydrates: 28.46g (9.49%), Net Carbohydrates: 22.49g (8.18%), Sugar: 19.66g (21.85%), Cholesterol: 3.9mg (1.3%), Sodium: 335.88mg (14.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.99g (13.97%), Manganese: 1.2mg (60%), Vitamin K: 37.25µg (35.48%), Copper: 0.57mg (28.63%), Fiber: 5.97g (23.89%), Folate: 69.9µg (17.48%), Phosphorus: 171.46mg (17.15%),

Magnesium: 66.29mg (16.57%), Potassium: 540.36mg (15.44%), Vitamin B6: 0.29mg (14.72%), Vitamin A: 670.12IU (13.4%), Vitamin C: 10.65mg (12.91%), Vitamin B1: 0.19mg (12.85%), Vitamin B2: 0.17mg (10.22%), Calcium: 100.84mg (10.08%), Zinc: 1.31mg (8.75%), Iron: 1.53mg (8.53%), Vitamin B5: 0.51mg (5.06%), Vitamin E: 0.69mg (4.62%), Vitamin B3: 0.7mg (3.49%), Selenium: 2.33µg (3.32%), Vitamin B12: 0.11µg (1.85%)