



## Waldorf Salad I

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



195 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 3 tablespoons apple juice
- 2 stalks celery chopped
- 0.3 teaspoon celery seed
- 1 cup grapes seedless
- 2 green onions chopped
- 1 tablespoon juice of lemon
- 2 tablespoons mayonnaise
- 2 tablespoons yogurt plain

- 3 tart apples cored peeled chopped
- 1 bunch watercress trimmed chopped
- 2 tablespoons walnuts chopped

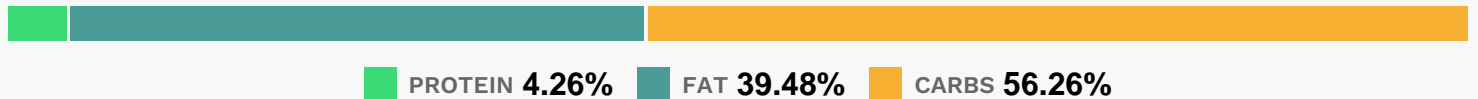
## Equipment

- bowl
- whisk

## Directions

- In a large bowl, combine the apples and lemon juice.
- Add the grapes, celery, and green onions; toss.
- In a small bowl, whisk together the mayonnaise, yogurt, apple juice and celery seeds. Spoon over the apple mixture, and toss gently.
- Wash the watercress, and dry thoroughly. Arrange greens on individual salad plates. Mound the apple mixture on top, and sprinkle with the walnuts.

## Nutrition Facts



## Properties

Glycemic Index:75.94, Glycemic Load:8.85, Inflammation Score:-5, Nutrition Score:8.3395652783954%

## Flavonoids

Cyanidin: 2.28mg, Cyanidin: 2.28mg, Cyanidin: 2.28mg, Cyanidin: 2.28mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.92mg, Catechin: 1.92mg, Catechin: 1.92mg, Catechin: 1.92mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 10.81mg, Epicatechin: 10.81mg, Epicatechin: 10.81mg, Epicatechin: 10.81mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg 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: 0.67mg, Apigenin: 0.67mg, Apigenin: 0.67mg, Apigenin: 0.67mg Luteolin: 1.33mg, Luteolin: 1.33mg, Luteolin: 1.33mg, Luteolin: 1.33mg Kaempferol: 1.76mg, Kaempferol: 1.76mg, Kaempferol: 1.76mg, Kaempferol: 1.76mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

0.01mg, Myricetin: 0.01mg Quercetin: 8.15mg, Quercetin: 8.15mg, Quercetin: 8.15mg, Quercetin: 8.15mg

## **Nutrients (% of daily need)**

Calories: 195.32kcal (9.77%), Fat: 9.22g (14.19%), Saturated Fat: 1.41g (8.83%), Carbohydrates: 29.56g (9.85%), Net Carbohydrates: 25.05g (9.11%), Sugar: 22.28g (24.76%), Cholesterol: 4.24mg (1.41%), Sodium: 71.48mg (3.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.24g (4.48%), Vitamin K: 53.98µg (51.41%), Fiber: 4.51g (18.03%), Vitamin C: 13.61mg (16.5%), Manganese: 0.31mg (15.49%), Potassium: 363.27mg (10.38%), Copper: 0.19mg (9.35%), Vitamin A: 463.54IU (9.27%), Vitamin B6: 0.15mg (7.52%), Vitamin B2: 0.11mg (6.56%), Phosphorus: 63.38mg (6.34%), Magnesium: 24.69mg (6.17%), Folate: 23.17µg (5.79%), Vitamin B1: 0.09mg (5.78%), Calcium: 52.68mg (5.27%), Vitamin E: 0.75mg (4.97%), Iron: 0.68mg (3.77%), Vitamin B5: 0.27mg (2.65%), Zinc: 0.37mg (2.49%), Vitamin B3: 0.38mg (1.91%), Selenium: 0.87µg (1.24%)