

Waldorf Salad II

 Vegetarian  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



248 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 apples cored peeled chopped
- 1 cup celery thinly sliced
- 1 teaspoon juice of lemon
- 0.5 cup mayonnaise
- 0.1 teaspoon salt
- 0.5 cup walnuts chopped
- 1 tablespoon sugar white

Equipment

bowl

whisk

Directions

In a medium bowl, whisk together the mayonnaise, sugar, lemon juice, and salt.

Stir in the apples, celery, walnuts, and raisins. Chill until ready to serve.

Nutrition Facts

PROTEIN 3.12% **FAT 71.31%** **CARBS 25.57%**

Properties

Glycemic Index:34.02, Glycemic Load:4.98, Inflammation Score:-3, Nutrition Score:5.9713044114735%

Flavonoids

Cyanidin: 1.69mg, Cyanidin: 1.69mg, Cyanidin: 1.69mg, Cyanidin: 1.69mg 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: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 248.26kcal (12.41%), Fat: 20.51g (31.56%), Saturated Fat: 2.81g (17.59%), Carbohydrates: 16.55g (5.52%), Net Carbohydrates: 13.44g (4.89%), Sugar: 12.07g (13.41%), Cholesterol: 7.84mg (2.61%), Sodium: 181.58mg (7.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.02g (4.03%), Vitamin K: 37.62µg (35.83%), Manganese: 0.38mg (19.18%), Fiber: 3.11g (12.44%), Copper: 0.19mg (9.47%), Vitamin C: 5.16mg (6.25%), Vitamin E: 0.89mg (5.94%), Magnesium: 22.04mg (5.51%), Potassium: 188.78mg (5.39%), Vitamin B6: 0.1mg (5.2%), Phosphorus: 51.77mg (5.18%), Folate: 19.44µg (4.86%), Vitamin B1: 0.05mg (3.62%), Vitamin B2: 0.05mg (3.05%), Vitamin A: 138.85IU (2.78%), Iron: 0.47mg (2.6%), Zinc: 0.39mg (2.59%), Calcium: 23.34mg (2.33%), Vitamin B5: 0.19mg (1.86%), Selenium: 0.99µg (1.41%), Vitamin B3: 0.25mg (1.23%)