



## Waldorf Salad Jubilee

 Vegetarian  Gluten Free  Dairy Free

READY IN



26 min.

SERVINGS



10

CALORIES



373 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 1.5 cups celery chopped
- 0.8 cup cranberries dried orange-flavored
- 2.5 lb granny smith apples unpeeled cut into 1/2
- 1 teaspoon juice of lemon
- 1 cup mayonnaise
- 1.5 cups pecans toasted
- 2 heads radicchio thinly washed separated
- 1.5 cups radishes chopped

0.5 cup onion red finely chopped

0.5 teaspoon salt

## Equipment

bowl

## Directions

Combine first 3 ingredients in a medium bowl, stirring well. Toss apples with next 4 ingredients in a large bowl.

Add mayonnaise dressing, and toss to coat. (Salad can be prepared a day ahead; cover and refrigerate overnight).

Fold toasted pecans into salad. Line a serving bowl with radicchio leaves and spoon in salad or arrange radicchio leaves on each plate, and spoon salad into leaves.

## Nutrition Facts

  **PROTEIN 3.19%**  **FAT 66.39%**  **CARBS 30.42%**

## Properties

Glycemic Index:18.3, Glycemic Load:4.6, Inflammation Score:-6, Nutrition Score:14.251739263535%

## Flavonoids

Cyanidin: 74.71mg, Cyanidin: 74.71mg, Cyanidin: 74.71mg, Cyanidin: 74.71mg Delphinidin: 5.5mg, Delphinidin: 5.5mg, Delphinidin: 5.5mg, Delphinidin: 5.5mg Pelargonidin: 10.99mg, Pelargonidin: 10.99mg, Pelargonidin: 10.99mg, Pelargonidin: 10.99mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 2.66mg, Catechin: 2.66mg, Catechin: 2.66mg, Catechin: 2.66mg Epigallocatechin: 1.22mg, Epigallocatechin: 1.22mg, Epigallocatechin: 1.22mg, Epigallocatechin: 1.22mg Epicatechin: 8.67mg, Epicatechin: 8.67mg, Epicatechin: 8.67mg, Epicatechin: 8.67mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.59mg, Epigallocatechin 3-gallate: 0.59mg, Epigallocatechin 3-gallate: 0.59mg, Epigallocatechin 3-gallate: 0.59mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg Luteolin: 21.57mg, Luteolin: 21.57mg, Luteolin: 21.57mg, Luteolin: 21.57mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 24.29mg, Quercetin: 24.29mg, Quercetin: 24.29mg, Quercetin: 24.29mg

Quercetin: 24.29mg

## Nutrients (% of daily need)

Calories: 373.36kcal (18.67%), Fat: 29.01g (44.63%), Saturated Fat: 3.72g (23.25%), Carbohydrates: 29.91g (9.97%), Net Carbohydrates: 23.97g (8.72%), Sugar: 20.38g (22.65%), Cholesterol: 9.41mg (3.14%), Sodium: 291.65mg (12.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.14g (6.28%), Vitamin K: 187.77µg (178.83%), Manganese: 0.92mg (45.83%), Fiber: 5.94g (23.74%), Copper: 0.45mg (22.25%), Vitamin E: 2.67mg (17.78%), Vitamin C: 13.72mg (16.64%), Folate: 53.14µg (13.29%), Potassium: 458.58mg (13.1%), Vitamin B1: 0.15mg (9.91%), Phosphorus: 95.07mg (9.51%), Magnesium: 37.56mg (9.39%), Zinc: 1.26mg (8.39%), Vitamin B6: 0.15mg (7.57%), Iron: 1.06mg (5.88%), Vitamin B2: 0.09mg (5.35%), Vitamin B5: 0.5mg (4.96%), Calcium: 43.85mg (4.39%), Vitamin A: 169.5IU (3.39%), Vitamin B3: 0.59mg (2.95%), Selenium: 1.9µg (2.72%)