



Waldorf Salad (lighter)



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



90 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup mayonnaise fat-free
- ☐ 0.3 cup yogurt plain fat-free
- ☐ 1 tablespoon juice of lemon
- ☐ 1 tablespoon skim milk fat-free (skim)
- ☐ 2 cups apples red unpeeled coarsely chopped
- ☐ 1 cup celery stalks chopped
- ☐ 2 tablespoons nuts coarsely chopped
- ☐ 1 serving the salad

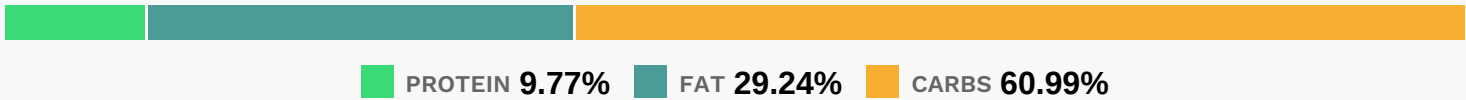
Equipment

☐ bowl

Directions

- ☐ Mix mayonnaise, yogurt, lemon juice and milk in medium bowl.
- ☐ Stir in apples, celery and nuts.
- ☐ Serve on salad greens. Cover and refrigerate any remaining salad.

Nutrition Facts



Properties

Glycemic Index:31.73, Glycemic Load:2.69, Inflammation Score:-4, Nutrition Score:4.6317391201206%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg 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: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg

Nutrients (% of daily need)

Calories: 90.14kcal (4.51%), Fat: 3.16g (4.86%), Saturated Fat: 0.48g (3.01%), Carbohydrates: 14.82g (4.94%), Net Carbohydrates: 12.18g (4.43%), Sugar: 9.79g (10.87%), Cholesterol: 1.72mg (0.57%), Sodium: 151.16mg (6.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.37g (4.75%), Vitamin K: 12.37µg (11.78%), Fiber: 2.64g (10.56%), Vitamin C: 7.59mg (9.2%), Manganese: 0.16mg (8.2%), Phosphorus: 67.66mg (6.77%), Potassium: 235.82mg (6.74%), Magnesium: 22.13mg (5.53%), Calcium: 55.16mg (5.52%), Vitamin A: 270.42IU (5.41%), Vitamin B2: 0.09mg (5.23%), Copper: 0.1mg (5.03%), Folate: 19.83µg (4.96%), Vitamin B6: 0.08mg (3.96%), Zinc: 0.44mg (2.96%),

Vitamin B5: 0.29mg (2.89%), Vitamin B1: 0.04mg (2.62%), Vitamin B3: 0.45mg (2.27%), Iron: 0.41mg (2.26%),
Vitamin B12: 0.12µg (1.92%), Vitamin E: 0.19mg (1.28%), Selenium: 0.81µg (1.16%)