



Waldorf Salad Platter

 **Gluten Free**  **Dairy Free**

READY IN



15 min.

SERVINGS



15

CALORIES



107 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 lb apples chopped
- 2 stalks celery sliced
- 0.7 cup the dressing divided kraft
- 1 cup grape halves red seedless
- 4 cups lettuce shredded
- 1 cup marshmallows jet-puffed miniature
- 0.5 cup planters walnut halves toasted

Equipment

bowl

Directions

- Combine fruit, marshmallows, celery and nuts in large bowl.
- Add 1/3 cup dressing; toss lightly.
- Cover platter with lettuce; top with fruit mixture.
- Drizzle with remaining dressing.

Nutrition Facts

PROTEIN 3.93% **FAT 51.83%** **CARBS 44.24%**

Properties

Glycemic Index:14.83, Glycemic Load:3.72, Inflammation Score:-2, Nutrition Score:3.0913043715384%

Flavonoids

Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg

Nutrients (% of daily need)

Calories: 107.1kcal (5.36%), Fat: 6.49g (9.98%), Saturated Fat: 0.85g (5.34%), Carbohydrates: 12.46g (4.15%), Net Carbohydrates: 11.06g (4.02%), Sugar: 9.53g (10.59%), Cholesterol: 4.56mg (1.52%), Sodium: 103.88mg (4.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.11g (2.22%), Vitamin K: 15.77µg (15.02%), Manganese: 0.19mg (9.63%), Fiber: 1.4g (5.59%), Copper: 0.09mg (4.74%), Vitamin E: 0.49mg (3.28%), Potassium: 113.78mg (3.25%), Folate: 12.9µg (3.22%), Vitamin C: 2.53mg (3.07%), Vitamin A: 151.08IU (3.02%), Phosphorus: 28.89mg (2.89%), Vitamin B6: 0.05mg (2.74%), Magnesium: 10.71mg (2.68%), Vitamin B1: 0.04mg (2.55%), Vitamin B2: 0.03mg (2.04%), Iron: 0.32mg (1.78%), Calcium: 13.33mg (1.33%), Zinc: 0.19mg (1.3%), Selenium: 0.83µg (1.19%)