



Waldorf Salad with Cranberries and Pecans in Radicchio Cups



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



364 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.5 cups celery chopped
- ☐ 0.8 cup cranberries dried
- ☐ 2.5 pounds granny smith apples cored unpeeled cut into 1/2-inch pieces
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 1 teaspoon lemon zest grated
- ☐ 1 cup mayonnaise
- ☐ 1.5 cups pecans toasted chopped

- ☐ 2 heads radicchio thinly separated
- ☐ 1.5 cups radishes chopped
- ☐ 0.5 cup onion red finely chopped
- ☐ 2 cups watercress leaves

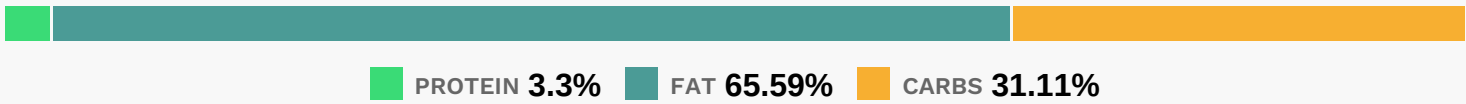
Equipment

- ☐ bowl

Directions

- ☐ Mix mayonnaise, lemon peel, and fresh lemon juice in medium bowl to blend. Season to taste with salt and pepper. Refrigerate 15 minutes.
- ☐ Toss apples, celery, radishes, cranberries, and red onion in large bowl.
- ☐ Add lemon mayonnaise and toss to coat. (Can be prepared up to 8 hours ahead. Cover and refrigerate.)
- ☐ Fold watercress and pecans into salad. Arrange 2 radicchio leaves on each plate. Spoon salad into center of radicchio leaves and serve.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:4.61, Inflammation Score:-7, Nutrition Score:14.516086930814%

Flavonoids

Cyanidin: 74.54mg, Cyanidin: 74.54mg, Cyanidin: 74.54mg, Cyanidin: 74.54mg Delphinidin: 5.39mg, Delphinidin: 5.39mg, Delphinidin: 5.39mg 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: 2.55mg, Catechin: 2.55mg, Catechin: 2.55mg, Catechin: 2.55mg Epigallocatechin: 1.13mg, Epigallocatechin: 1.13mg, Epigallocatechin: 1.13mg, Epigallocatechin: 1.13mg Epicatechin: 8.66mg, Epicatechin: 8.66mg, Epicatechin: 8.66mg, Epicatechin: 8.66mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.56mg, Epigallocatechin 3-gallate: 0.56mg, Epigallocatechin 3-gallate: 0.56mg, Epigallocatechin 3-gallate: 0.56mg 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

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: 1.96mg, Kaempferol: 1.96mg, Kaempferol: 1.96mg, Kaempferol: 1.96mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 26.33mg, Quercetin: 26.33mg, Quercetin: 26.33mg, Quercetin: 26.33mg

Nutrients (% of daily need)

Calories: 363.84kcal (18.19%), Fat: 27.94g (42.98%), Saturated Fat: 3.63g (22.68%), Carbohydrates: 29.82g (9.94%), Net Carbohydrates: 23.97g (8.72%), Sugar: 20.35g (22.61%), Cholesterol: 9.41mg (3.14%), Sodium: 178.18mg (7.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.16g (6.32%), Vitamin K: 204.71µg (194.97%), Manganese: 0.87mg (43.27%), Fiber: 5.85g (23.39%), Copper: 0.43mg (21.62%), Vitamin C: 16.89mg (20.47%), Vitamin E: 2.71mg (18.1%), Potassium: 475.16mg (13.58%), Folate: 53.45µg (13.36%), Vitamin B1: 0.14mg (9.67%), Phosphorus: 95.02mg (9.5%), Magnesium: 37.2mg (9.3%), Zinc: 1.2mg (7.99%), Vitamin B6: 0.16mg (7.87%), Vitamin A: 385.75IU (7.72%), Iron: 1.04mg (5.75%), Vitamin B2: 0.1mg (5.72%), Calcium: 51.16mg (5.12%), Vitamin B5: 0.5mg (5.04%), Vitamin B3: 0.59mg (2.93%), Selenium: 1.91µg (2.72%)