



Winter Fruit Waldorf Salad

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



16

CALORIES



71 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup celery thinly sliced
- 0.5 cup dates chopped
- 0.5 cup golden raisins
- 8 cups lettuce shredded
- 2 tablespoons orange juice concentrate frozen
- 2 medium pears diced unpeeled
- 2 medium apples diced red unpeeled
- 0.3 cup salad dressing

0.3 cup yogurt fat free 99% yoplait® (from 6-oz container)

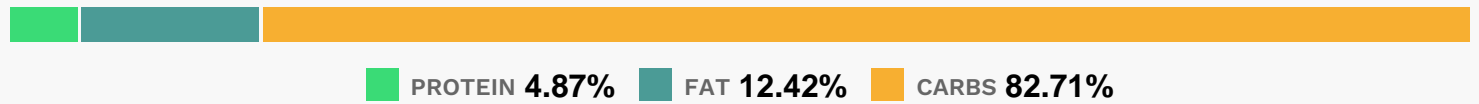
Equipment

bowl

Directions

- In large bowl, mix apples, pears, celery, raisins and dates.
- In small bowl, mix mayonnaise, yogurt and juice concentrate until well blended.
- Add to fruit; toss to coat. (Salad can be refrigerated up to 1 hour.)
- Serve salad on lettuce.
- Garnish with walnut halves.

Nutrition Facts



Properties

Glycemic Index:16.28, Glycemic Load:5.61, Inflammation Score:-3, Nutrition Score:3.2339130878934%

Flavonoids

Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 2.55mg, Epicatechin: 2.55mg, Epicatechin: 2.55mg, Epicatechin: 2.55mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg

Nutrients (% of daily need)

Calories: 70.52kcal (3.53%), Fat: 1.07g (1.64%), Saturated Fat: 0.22g (1.36%), Carbohydrates: 16.01g (5.34%), Net Carbohydrates: 13.72g (4.99%), Sugar: 12.01g (13.34%), Cholesterol: 0.5mg (0.17%), Sodium: 45.56mg (1.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.94g (1.89%), Vitamin K: 13.43µg (12.79%), Fiber: 2.29g (9.14%), Vitamin C: 5.99mg (7.26%), Potassium: 193.7mg (5.53%), Manganese: 0.1mg (4.75%), Vitamin A: 225.32IU (4.51%),

Folate: 16.52µg (4.13%), Vitamin B6: 0.06mg (3.19%), Copper: 0.06mg (3.13%), Phosphorus: 26.5mg (2.65%), Magnesium: 10.41mg (2.6%), Vitamin B2: 0.04mg (2.52%), Vitamin B1: 0.03mg (2.11%), Calcium: 21.11mg (2.11%), Iron: 0.37mg (2.04%), Vitamin E: 0.24mg (1.62%), Vitamin B5: 0.12mg (1.24%), Vitamin B3: 0.25mg (1.24%)