



Winter Fruit Waldorf Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



16

CALORIES



71 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



2 medium apples diced red unpeeled



2 medium pears diced unpeeled



0.5 cup celery thinly sliced



0.5 cup golden raisins



0.5 cup dates chopped



0.3 cup salad dressing



0.3 cup creme de cassis yoplait® (from 6-oz container)



2 tablespoons orange juice concentrate frozen

- ☐ 8 cups lettuce shredded
- ☐ 1 halves walnuts

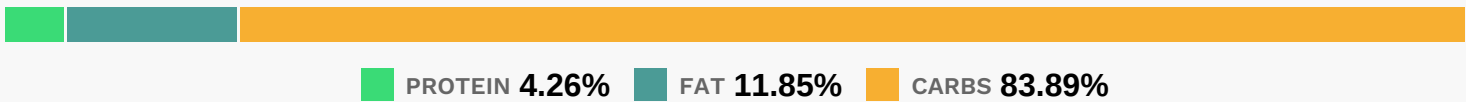
Equipment

- ☐ 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:16.34, Glycemic Load:5.58, Inflammation Score:-3, Nutrition Score:3.1582608728305%

Flavonoids

Cyanidin: 0.9mg, Cyanidin: 0.9mg, Cyanidin: 0.9mg, Cyanidin: 0.9mg 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: 70.88kcal (3.54%), Fat: 1.03g (1.58%), Saturated Fat: 0.14g (0.9%), Carbohydrates: 16.34g (5.45%), Net Carbohydrates: 14.04g (5.11%), Sugar: 12.32g (13.69%), Cholesterol: 0mg (0%), Sodium: 44.25mg (1.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.83g (1.66%), Vitamin K: 13.43µg (12.79%), Fiber: 2.29g (9.18%), Vitamin

C: 5.97mg (7.24%), Potassium: 188.36mg (5.38%), Manganese: 0.1mg (4.98%), Vitamin A: 221.55IU (4.43%), Folate: 16.37µg (4.09%), Copper: 0.06mg (3.22%), Vitamin B6: 0.06mg (3.16%), Magnesium: 10.19mg (2.55%), Phosphorus: 23.3mg (2.33%), Vitamin B2: 0.04mg (2.21%), Iron: 0.37mg (2.06%), Vitamin B1: 0.03mg (2.06%), Calcium: 16.79mg (1.68%), Vitamin E: 0.24mg (1.61%), Vitamin B3: 0.25mg (1.24%), Vitamin B5: 0.11mg (1.1%)