



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

- ☐ 1 halves walnuts
- ☐ 0.3 cup yogurt yoplait® (from 6-oz container)

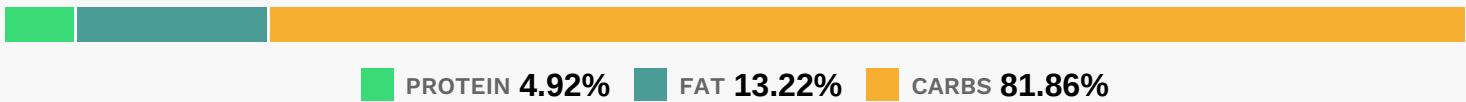
Equipment

- ☐ 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:17.53, Glycemic Load:5.61, Inflammation Score:-3, Nutrition Score:3.2634782978212%

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: 71.33kcal (3.57%), Fat: 1.15g (1.77%), Saturated Fat: 0.22g (1.4%), Carbohydrates: 16.02g (5.34%), Net Carbohydrates: 13.73g (4.99%), Sugar: 12.01g (13.34%), Cholesterol: 0.5mg (0.17%), Sodium: 45.57mg (1.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.96g (1.92%), Vitamin K: 13.44µg (12.8%), Fiber: 2.29g (9.18%),

Vitamin C: 5.99mg (7.26%), Potassium: 194.25mg (5.55%), Manganese: 0.1mg (4.97%), Vitamin A: 225.34IU (4.51%), Folate: 16.64µg (4.16%), Vitamin B6: 0.06mg (3.23%), Copper: 0.06mg (3.23%), Phosphorus: 26.94mg (2.69%), Magnesium: 10.61mg (2.65%), Vitamin B2: 0.04mg (2.53%), Vitamin B1: 0.03mg (2.14%), Calcium: 21.24mg (2.12%), Iron: 0.37mg (2.06%), Vitamin E: 0.24mg (1.62%), Vitamin B5: 0.12mg (1.25%), Vitamin B3: 0.25mg (1.25%)