

DINNER

Winter Waldorf Salad

7 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	1	\$2.81	365 kcal



Winter Waldorf Salad is a gluten free, lacto ovo vegetarian, and primal recipe with 1 servings. One portion of this dish contains about 14g of protein, 8g of fat, and a total of 365 calories. For \$2.81 per serving, this recipe covers 19% of your daily requirements of vitamins and minerals.

Ingredients

☐ ½ cup shredded carrot	☐ 1 Granny Smith apple
☐ 1 teaspoon honey	☐ ½ teaspoon lemon juice
☐ ½ cup nonfat plain Greek yogurt	☐ 0.1 teaspoon pepper
☐ 2 tablespoons raisins	☐ 1 serving Salad greens
☐ 0.1 teaspoon salt	☐ 1 tablespoon chopped toasted walnuts

EQUIPMENT Whisk

Method

- 1 Cut apple into cubes; toss with shredded carrot, raisins and walnuts.
- 2 Whisk yogurt, honey, lemon juice, salt and pepper. Toss yogurt and apple mixtures.
- 3 Serve on greens.

Nutrition per serving

365
KCAL

14 g
PROTEIN

8 g
FAT

67 g
CARBS

Saturated Fat	0.9 g · 5% of daily needs
Fibre	9 g · 36% of daily needs
Sugar	31.3 g · 35% of daily needs
Sodium	392 mg · 17% of daily needs
Cholesterol	5 mg · 2% of daily needs
Vitamin C	24.2 mg · 29% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/winter-waldorf-salad-148569