



Winter Waldorf Salad



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



365 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup carrots shredded
- ☐ 1 apples i use 2 granny smith apples
- ☐ 1 teaspoon honey
- ☐ 0.5 teaspoon juice of lemon
- ☐ 0.5 cup nonfat greek yogurt plain
- ☐ 0.1 teaspoon pepper
- ☐ 2 tablespoons raisins
- ☐ 1 serving salad greens

- ☐ 0.1 teaspoon salt
- ☐ 1 tablespoon walnuts toasted chopped

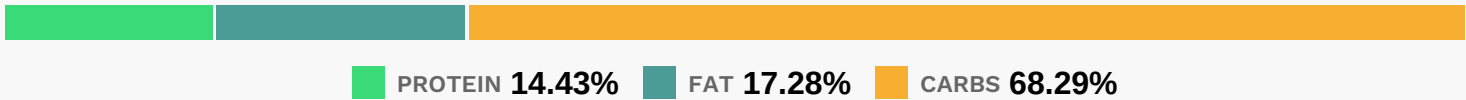
Equipment

- ☐ whisk

Directions

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

Nutrition Facts



Properties

Glycemic Index:241.91, Glycemic Load:24.49, Inflammation Score:-10, Nutrition Score:19.565217412036%

Flavonoids

Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Epigallocatechin 3–gallate: 0.35mg, Epigallocatechin 3–gallate: 0.35mg, Epigallocatechin 3–gallate: 0.35mg, Epigallocatechin 3–gallate: 0.35mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg

Nutrients (% of daily need)

Calories: 364.94kcal (18.25%), Fat: 7.56g (11.63%), Saturated Fat: 0.85g (5.34%), Carbohydrates: 67.19g (22.4%), Net Carbohydrates: 58.23g (21.18%), Sugar: 31.3g (34.78%), Cholesterol: 5mg (1.67%), Sodium: 392.02mg (17.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.2g (28.4%), Vitamin A: 11252.04IU (225.04%), Fiber: 8.95g (35.82%), Manganese: 0.68mg (34.15%), Vitamin C: 24.18mg (29.31%), Vitamin B2: 0.46mg (26.97%), Potassium:

910.54mg (26.02%), Phosphorus: 251.99mg (25.2%), Vitamin B6: 0.37mg (18.63%), Copper: 0.37mg (18.55%), Calcium: 168.3mg (16.83%), Selenium: 10.87µg (15.52%), Magnesium: 57.71mg (14.43%), Folate: 50.8µg (12.7%), Vitamin K: 13.13µg (12.51%), Vitamin B1: 0.18mg (11.72%), Vitamin B12: 0.7µg (11.67%), Iron: 1.86mg (10.33%), Vitamin B3: 1.69mg (8.43%), Zinc: 1.22mg (8.16%), Vitamin B5: 0.75mg (7.47%), Vitamin E: 0.84mg (5.58%)