



Wonderful Waldorf Watermelon Salad



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



73 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons almonds toasted sliced
- ☐ 0.5 cup celery sliced
- ☐ 0.3 cup dairy-free yogurt if possible) plain (greek-style
- ☐ 0.5 cup grape halves red seedless
- ☐ 2 cups watermelon cubed ()

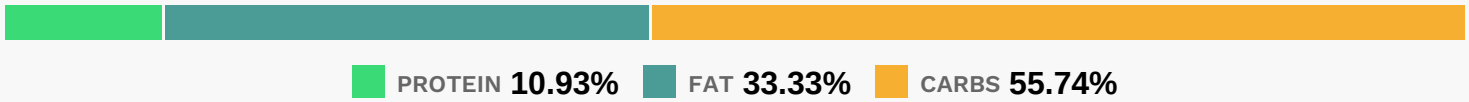
Equipment

- ☐ bowl

Directions

- ☐ Add the watermelon, celery, and grapes to a medium-bowl, and gently stir to distribute. Just before serving, stir together the yogurt and salt.
- ☐ Add the yogurt dressing to the fruit, stir to coat and serve sprinkled with almonds. salt into yogurt for dressing. (
- ☐ Add water to thin, if necessary.)

Nutrition Facts



Properties

Glycemic Index:49.02, Glycemic Load:5.8, Inflammation Score:-5, Nutrition Score:5.0726086212241%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 73.18kcal (3.66%), Fat: 2.95g (4.54%), Saturated Fat: 0.25g (1.55%), Carbohydrates: 11.12g (3.71%), Net Carbohydrates: 9.76g (3.55%), Sugar: 8.4g (9.33%), Cholesterol: 0mg (0%), Sodium: 18.66mg (0.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.18g (4.36%), Vitamin E: 1.76mg (11.73%), Vitamin A: 559.6IU (11.19%), Vitamin C: 8.21mg (9.96%), Manganese: 0.17mg (8.48%), Vitamin B2: 0.12mg (7.22%), Copper: 0.13mg (6.5%), Vitamin K: 6.53µg (6.22%), Potassium: 211.44mg (6.04%), Magnesium: 23.81mg (5.95%), Fiber: 1.36g (5.44%), Vitamin B6: 0.1mg (5.05%), Calcium: 46.36mg (4.64%), Vitamin B3: 0.88mg (4.39%), Vitamin B1: 0.06mg (4.01%), Phosphorus: 39.22mg (3.92%), Folate: 14.12µg (3.53%), Iron: 0.53mg (2.96%), Vitamin B12: 0.16µg (2.65%), Vitamin B5: 0.23mg (2.32%), Zinc: 0.3mg (1.98%), Selenium: 0.92µg (1.31%), Vitamin D: 0.18µg (1.18%)