Waldorf Salad15

Number of Servings: 15 (121.79 g per serving)

Amount	Measure	Ingredient
9 1/2	Tbs	Topping, whipped, lite
9 1/2	Tbs	Dressing, mayonnaise, light
3 1/8	lb	Apples, fresh, med, 2 3/4"
1 1/4	cup	Celery, fresh, diced
9 1/2	Tbs	Nuts, walnuts, black, dried, chpd

Nutrients per serving

Nutrition Facts

Serving Size (122g)
Servings Per Container

Amount Per Serving

Calories 120 Calories from Fat 60

	% Daily Value*
Total Fat 7g	**11%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 90mg	**4%**
Total Carbohydrate 16g	**5%**
Dietary Fiber 3g	**12%**
Sugars 10g	
Protein 2g	

Vitamin A 2% • Vitamin C 8%
Calcium 2% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Instructions

Dice apples, with or without peel, into fruit juice to prevent apples from turning dark. Drain and stir into mayonnaise combined with whipped topping. Add celery and walnuts (optional). Mix lightly until all ingredients are coated with dressing. Serve with #8 scoop.

1 serving = #8 scoop = 1/2 cup = 1 fruit serving
1 serving = 1 Carb Serving