

Apple Salad

Yield: 8, 1/2 cup servings

Ingredients:

- 2 cups apple, diced
- 1 cup celery, diced
- 1/2 cup raisins
- 1/2 cup nuts
- 2 tablespoons lite mayonnaise-type dressing (or mayonnaise)
- 1 tablespoon orange juice



Instructions:

1. Mix orange juice with salad dressing or mayonnaise.
2. Toss apples, celery, raisins and nuts with the dressing mixture.
3. Refrigerate any leftover salad.

Nutrition Facts	
Serving Size 1/2 cup, 1/8 of recipe (73g)	
Servings Per Container 8	
Amount Per Serving	
Calories 110	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	8%
Sugars 11g	
Protein 2g	
Vitamin A 2%	Vitamin C 4%
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	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

Source:

University of Kentucky, Cooperative Extension Service, Food and Nutrition Calendar 2004: Fresh Ideas for Fit Families, and SNAP-Ed Recipe Finder, USDA.

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