

Crunchy Cranberry Waldorf Salad

Publix Aprons

Servings: 6

3/4 cup plain Greek yogurt
1 tablespoon honey
1/8 teaspoon pepper
2 medium golden apples
2 medium red apples
juice of 1/2 lemon
6 ounces (1-3/4 cup) fresh celery,
diced
1 package (5 ounce) dried sweetened
cranberries

In a salad bowl, whisk together the yogurt, honey and pepper.

Cut the apples into small bite-size pieces. Add to the dressing.

Squeeze the lemon juice over the apples. Stir in the celery and cranberries.

Chill until ready to serve.

Start to Finish Time: 15 minutes

Per Serving (excluding unknown items): 38 Calories; trace Fat (3.6% calories from fat); trace Protein; 10g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; trace Sodium. Exchanges: 0 Grain(Starch); 1/2 Fruit; 0 Fat; 0 Other Carbohydrates.

Salads

Per Serving Nutritional Analysis

Calories (kcal):	38
% Calories from Fat:	3.6%
% Calories from Carbohydrates:	95.5%
% Calories from Protein:	1.0%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	10g
Dietary Fiber (g):	1g
Protein (g):	trace
Sodium (mg):	trace

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	1mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0

Potassium (mg): 55mg
Calcium (mg): 4mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 3mg
Vitamin A (i.u.): 24IU
Vitamin A (r.e.): 2 1/2RE

Fruit: 1/2
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 38 Calories from Fat: 1

% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	trace	0%
Total Carbohydrates	10g	3%
Dietary Fiber	1g	5%
Protein	trace	

Vitamin A	0%
Vitamin C	4%
Calcium	0%
Iron	1%

* Percent Daily Values are based on a 2000 calorie diet.