



Waldorf Salad

Ingredients

- 2 apples, chopped
- 1 cup celery, diced
- ½ cup raisins
- ¼ cup walnuts, chopped
- ½ cup low-fat vanilla yogurt
- 1 teaspoon lemon juice
- 1 teaspoon sugar

Directions

1. Combine apples, celery, raisins, and walnuts in a mixing bowl.
2. In a separate bowl, combine yogurt with lemon juice and sugar.
3. Add the yogurt mixture to the fruit mixture. Mix until coated.
4. Refrigerate until ready to serve.

Nutrition Facts

Serving Size 1 serving (181.5g)
Servings Per Container 4

Amount Per Serving

Calories 140 **Calories from Fat** 90

% Daily Value*

Total Fat 9g **14%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 45mg **2%**

Total Carbohydrate 33g **11%**

Dietary Fiber 4g **16%**

Sugars 26g

Protein 5g

Vitamin A 4% • Vitamin C 10%

Calcium 10% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.