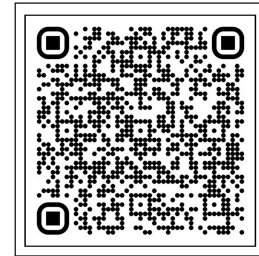




Cornell University
 Cooperative Extension
 New York City



Apple Salad

Ingredients:

- 1 tablespoon orange juice
- 2 tablespoons salad dressing or mayonnaise
- 2 cups diced apples
- 1 cup diced celery
- ½ cup raisins
- ½ cup nuts

Instructions:

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

Yields 8 servings

Nutrition Facts	
servings per container	
Serving size	1/3 cup (67g)
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	2%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	7%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 19mg	2%
Iron 1mg	6%
Potassium 201mg	4%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Source: Food and Nutrition Calendar 2004
 Fresh Ideas for Fit Families University of Kentucky Cooperative Extension Service



Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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