



CRISP APPLE AND CRANBERRY SALAD

a creamy crisp sweet salad.

 5 minutes

 6 portions

INGREDIENTS

- 3 small units of apples, raw, red delicious, with skin (474 g)
- 1 container [6 oz] of yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener (170 g)
- 0.3 chopped cups of celery, raw (30 g)
- 1/2 cup of cranberries, dried, sweetened (80 g)
- 1/4 cup pieces or chips of nuts, walnuts, english (30 g)
- 1/4 tsp, ground of spices, pepper, black (1 g)
- 1/8 tsp of salt, table (1 g)

COOKING METHOD

- 1° cut apples into chunks. Set aside
- 2° combine all other ingredients. Stir well. Then toss in apples.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (131 g)	% DRI
ENERGY	102 kcal	134 kcal	7 %
FAT	3 g	4 g	6 %
FATTY ACIDS, TOTAL SATURATED	0 g	0 g	2 %
CHOLESTEROL	0 mg	1 mg	0 %
SODIUM	54 mg	71 mg	3 %
CARBOHYDRATE	19 g	25 g	8 %
SUGARS	15 g	20 g	—
FIBER	2 g	3 g	12 %
PROTEIN	2 g	2 g	—