## **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.

University of Kentucky, Cooperative Extension

Service, Food and Nutrition Calendar 2004: Fresh

Ideas for Fit Families, and SNAP-Ed Recipe Find-



# Nutrition Facts

Serving Size 1/2 cup, 1/8 of recipe



### er, USDA.

Source:



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It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689

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Amount Per Serving		
Calories 110 Cal	lories fron	n Fat 50
	% Da	aily Value
Total Fat 6g		9%
Saturated Fat 0.5g	1	3%
Trans Fat 0g		
Cholesterol Omg		0%
Sodium 45mg		2%
Total Carbohydrate	15a	5%
Dietary Fiber 2g		8%
Sugars 11g		
Protein 2g		
- Totem 2g		
Vitamin A 2% •	Vitamin (	C 4%
Calcium 2% ·	Iron 2%	
*Percent Daily Values are b diet. Your daily values may l depending on your calorie n Calories:	be higher or	
Total Fat Less than Saturated Fat Less than Cholesterol Less than Sodium Less than Total Carbohydrate	20g 300mg	80g 25g 300mg 2,400mg 375g 30g

Nutrition Facts

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