

Apple Salad

Yield 8 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.

Cost

Per recipe: \$5.28

Per serving: \$0.66

Source

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

Nutrition Facts	
Serving Size 1/2 cup, 1/8 of recipe (73g)	
Servings Per Container 8	
Amount Per Serving	
Calories 110	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	8%
Sugars 11g	
Protein 2g	
Vitamin A 2%	• Vitamin C 4%
Calcium 2%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	