# Garden Waldorf Salad

**Yield** 4 servings

## Ingredients

| | |
|---|---|
| 3 cups | broccoli florets |
| 1 cup | carrot (grated) |
| 1 1⁄2 cup | cauliflower (sliced) |
| 1 cup | apple (chopped) |
| 1⁄2 cup | green onion (chopped) |
| 1 cup | yogurt, non-fat vanilla |
| 1⁄4 cup | peanuts |

## Instructions

1. Toss all ingredients together in a large mixing bowl.

2. Refrigerate until ready to serve, up to 6 hours.

3. Serve chilled.

## Cost

Per recipe: $2.85
Per serving: $0.71

## Source

Dorothy C. Lee, CFCS and Linda K. Bowman, RD/LD/N
University of Florida, IFAS Extension, Cooking Healthy with Diabetes

## Notes

This recipe looks great served in a small footed bowl or an elegant dessert plate.

**Nutrition Facts**

Serving Size 1 1/2 cups (230g)
Servings Per Container 4

**Amount Per Serving**

**Calories** 160 Calories from Fat 45

| | % Daily Value* |
|---|---|
| **Total Fat** 5g | **8%** |
| Saturated Fat 0.5g | **3%** |
| Trans Fat 0g | |
| **Cholesterol** 0mg | **0%** |
| **Sodium** 95mg | **4%** |
| **Total Carbohydrate** 24g | **8%** |
| Dietary Fiber 5g | **20%** |
| Sugars 16g | |
| **Protein** 8g | |

Vitamin A 130% • Vitamin C 130%
Calcium 20% • Iron 8%

*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