



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			
Serving Size ½ cup			
Servings Per Recipe 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:	2000	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
46% calories from fat			

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.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disabilities.

This material was funded by USDA's Food Stamp Program and Expanded Food and Nutrition Education Program.

