

Apple Salad

Ingredients

- 2 cups apple (diced)
- 1 cup celery (diced)
- 1/2 cup raisins
- 1/2 cup nuts
- 2 teaspoons salad 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 .



Yields 4 servings / Rinde 4 porciones

Serving size / Tamano porcion

1/4 cup / 1/4 taza

Cost / Precio

Per recipe: \$2.02

Per serving: \$0.25



Ensalada de Manzana

Ingredientes

- 2 tazas manzanas en trozos
- 1 taza apio cortado en trozos
- 1/2 taza de uvas pasas
- 1/2 taza de nueces
- 1 cucharadas de aderezo o mayonesa

Instrucciones

1. Mezcle el jugo de naranja con el aderezo para ensalada o mayonesa .
2. Mezcle las manzanas, apio, pasas y nueces con el aderezo .

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%	
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	
<small>Calories: 2,000 2,500</small>	
<small>Total Fat</small>	<small>Less than 65g 80g</small>
<small>Saturated Fat</small>	<small>Less than 20g 25g</small>
<small>Cholesterol</small>	<small>Less than 300mg 300mg</small>
<small>Sodium</small>	<small>Less than 2,400mg 2,400mg</small>
<small>Total Carbohydrate</small>	<small>300g 375g</small>
<small>Dietary Fiber</small>	<small>25g 30g</small>
<small>Calories per gram:</small>	
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>	