



Cornell University

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Apple Salad

Makes 4 – 1 cup servings

Ingredients:

- 2 medium apples, cored and chopped
- 1/3 cup green seedless grapes, cut in half
- 1/3 cup red seedless grapes, cut in half
- 2 stalks celery, chopped
- 6 ounces fat free vanilla yogurt

Directions:

1. Rinse, core and chop the apples into bite-sized pieces. Rinse and slice the green and red grapes. Rinse and chop the celery.
2. Put the chopped apples, grapes and celery in a medium sized bowl. Add yogurt and stir well until all of the fruit is coated.
3. Serve immediately or chill for a few hours.
4. The yogurt prevents the apple from browning but, it should be eaten the same day it is made.

Source: Cattaraugus County Cornell Cooperative Extension

Nutrition Facts

4 servings per container
Serving size 1 cup servings
(180g)

Amount per serving
Calories 90
% Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 24g	9%
Dietary Fiber 3g	11%
Total Sugars 20g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 80mg	6%
Iron 0mg	0%
Potassium 173mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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