

# Waldorf Salad

Yield: 4 min  
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/lettuce-salad-recipe-indian>

## Ingredients:

- 6 tablespoons mayonnaise or plain yogurt
- 1 tablespoon lemon juice
- 1/2 teaspoon salt
- 1 pinch freshly ground black pepper
- 2 apples sweet, cored and chopped
- 1 cup seedless red grapes sliced in half, or 1/4 cup of raisins
- 1 cup celery thinly sliced
- 1 cup toasted walnuts chopped, slightly
- lettuce

## Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 28 grams
3. Cholesterol: 5 milligrams
4. Fat: 28 grams
5. Fiber: 5 grams
6. Protein: 6 grams
7. SaturatedFat: 3 grams
8. Sodium: 480 milligrams
9. Sugar: 16 grams

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