

Crunchy Apple Salad

Yield: 4 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-living-apple-nut-cake-recipe>

Ingredients:

- apples
- raisins
- vanilla yogurt non-fat
- celery
- cinnamon
- nuts

Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 5 milligrams
4. Fat: 5 grams
5. Fiber: 4 grams
6. Protein: 4 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 50 milligrams
9. Sugar: 13 grams

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