



Chicken Waldorf Salad

Servings:

6

Ingredients:

- 3 red or green apples, washed
- 3 tablespoons orange juice
- ¾ cup reduced fat mayonnaise
- ¾ cup chopped walnuts
- 1 cup raisins (or dried cranberries)
- 2 teaspoons curry powder (optional)
- 2 stalks celery, washed and chopped
- ½ sweet onion, chopped
- 2 cooked chicken breasts, chopped

Directions:

1. Remove apple cores and chop with the peel included.
2. Toss the chopped apples with orange juice.
3. Add the mayonnaise to the apples and fold in the nuts, raisins, curry powder, celery, onion and chicken.
4. Refrigerate for at least 1 hour before serving.

Nutrition Facts

Serving Size 1/2 cup (237g)
Servings Per Container 4

Amount Per Serving

Calories 380 Calories from Fat 170
% Daily Value*

Total Fat 18g	28%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 300mg	13%
Total Carbohydrate 40g	13%
Dietary Fiber 4g	16%
Sugars 27g	
Protein 18g	
Vitamin A 2%	• Vitamin C 15%
Calcium 4%	• Iron 8%

*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: 2,000	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

