

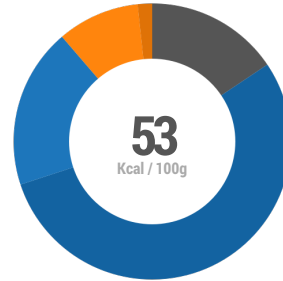
Apple and celery salad

By Sandra Piedad Cardona from Pb tech corp



Overview ...

U / 6354795



CALORIES:

73.1% Carbs

15.6% Protein

11.3% Fat

Food Labelling...

US Label values per 100g

Serves 4

	PER 100G	%DV	PER 100G SERVING	%DV
Calories	50 kcal	3%	50 kcal	3%
Total Fat	0.5 g	1%	0.5 g	1%
Saturated Fat	0 g	0%	0 g	0%
Trans Fats	0 g	-	0 g	-
Cholesterol	0 mg	0%	0 mg	0%
Sodium	280 mg	12%	280 mg	12%
Total Carbohydrate	10 g	4%	10 g	4%
Dietary Fiber	2 g	7%	2 g	7%
Total Sugars	7 g	-	7 g	-
Added Sugars	0 g	0%	0 g	0%
Protein	2 g	4%	2 g	4%
Vitamin D	0.1 ug	0%	0.1 ug	0%
Calcium	26 mg	2%	26 mg	2%
Iron	0.36 mg	2%	0.36 mg	2%
Potassium	190 mg	4%	190 mg	4%

CONTAINS:



OTHER PROPERTIES:



GLUTEN FREE

Nutrient Breakdown per 100g...

Energy

Energy(kcal) 3% RI
Energy(Kj) 3% RI

53kcal
224kJ

Lipid Components

Saturated Fat **0% RI**
Monounsaturated fat
cis-Mono

Vitamins

0.1g
0.11g
-

Vitamin A (ret eq) 13% RI
Retinol
Carotene

114ug
0.24ug
-

Macronutrients		Minerals & trace elements		Other	
Carbohydrate 3% RI	8.5g	Sodium 12% RI	278mg	Vitamin D	0ug
Protein 4% RI	2.1g	Potassium 4% RI	189mg	Vitamin E 1% RI	0.21mg
Fat 1% RI	0.67g	Chloride	0mg	Vitamin K ₁ 27% RI	32.3ug
Water	86g	Calcium 3% RI	34.3mg	Thiamin (B ₁) 3% RI	0.03mg
Water from Drinks	0g	Phosphorus 3% RI	38.9mg	Riboflavin (B ₂) 6% RI	0.08mg
Alcohol (0% ABV)	0g	Magnesium 2% RI	9.9mg	Niacin total (B ₃)	-
		Iron 2% RI	0.4mg	Niacin 1% RI	0.21mg
		Zinc 2% RI	0.18mg	Tryptophan	6.1mg
		Copper 5% RI	0.04mg	Pantothenic Acid (B ₅) 3% RI	0.14mg
		Manganese 3% RI	0.08mg	Vitamin B ₆ 3% RI	0.06mg
		Selenium 3% RI	1.6ug	Folates (B ₉) Total 10% RI	42ug
		Iodine 7% RI	10.6ug	Vitamin B ₁₂ 4% RI	0.11ug
				Biotin (B ₇)	-
				Vitamin C 2% RI	1.5mg
				GI (estimated)	0
				GL	-
				Caffeine	0mg

Recipe Ingredients ...	Quantity:	Description:
Apples, raw, red delicious, with skin	158g	1 small
Celery, raw	60g	1 full length stick
Yogurt, Greek, plain, nonfat	57g	1/3 container
Lettuce, cos or romaine, raw	100g	3.57 leaf outer
Salt, table	2.5g	1 average pinch of salt
GROUND BLACK PEPPER	0.35g	1 pinch
Raisins, seedless	14g	1 miniature box (.5 oz)
Salad dressing, mayonnaise, light	7.5g	0.5 tablespoon

Products / Pack Sizes ...

1 Serving



Product code
Barcode
 100g / 50kcal
 # 4
Net pack weight

Ingredient List (QUID) ...

Apple, Lettuce, CELERY, Greek Yogurt (MILK), Raisins (SULPHITES), Low Fat Mayonnaise (EGGS), Salt, GROUND BLACK PEPPER [BLACK PEPPER]

Cooking Instructions & Notes

Directions

1. Cut apples in quarters; remove core and chop.
2. In a medium-size bowl, mix all ingredients except lettuce.
3. To serve, arrange lettuce on serving plates top with apple and chicken salad.

Source:

Produce for Better Health Foundation