



A Nutrition Resource

# APPLE SALAD

**Yield: 6 Servings | Serving Size: 1/2 cup**

**Cost/Serving: \$0.35**

## Ingredients:

- 1 apple, diced
- 1 teaspoon lemon juice
- 1/2 cup celery, diced
- 1/2 cup grated carrot
- 1/2 cup raisins
- 1/2 cup (4 ounces) vanilla yogurt

## Directions:

- 1) Wash the apple and vegetables.
- 2) Collect, dice, grate, and measure all ingredients before starting to prepare the recipe.
- 3) Toss apples with lemon juice in a bowl.
- 4) Add celery, carrot, and raisins.
- 5) Stir yogurt into the rest of the ingredients.
- 6) Cover. Chill for at least 1 hour before serving to allow the flavors to mix together.
- 7) Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

**Be Creative!** Try adding 1/2 cup of chopped walnuts, almonds, or pecans to the salad.

*This recipe and phot are used with the permission of Colorado State University Extension's Eating Smart Being Active program.*

## Nutrition Facts

6 servings per container

**Serving size** 1/2 Cup (80g)

**Amount Per Serving**  
**Calories** **70**

% Daily Values\*

<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 25mg	<b>1%</b>
<b>Total Carbohydrate</b> 18g	<b>7%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 12g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1g	<b>2%</b>
Vitamin D 0mcg	<b>0%</b>
Calcium 37mg	<b>2%</b>
Iron 0mg	<b>0%</b>
Potassium 202mg	<b>4%</b>

\*The % Daily Value (DV) 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.



Buy Eat Live Better Nutrition Education Program | [www.montana.edu/extension/buyeatlivebetter](http://www.montana.edu/extension/buyeatlivebetter)



Find us on Pinterest  
[pinterest.com/buyeatlive](https://pinterest.com/buyeatlive)



Find us on Facebook  
[facebook.com/buyeatlivebetter](https://facebook.com/buyeatlivebetter)

**This institution is an equal opportunity provider.**

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or [www.apply.mt.gov](http://www.apply.mt.gov). Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.



**MONTANA**  
STATE UNIVERSITY

EXTENSION