

New York Tangy Apple Salad

Ingredients:

3 New York State apples
2/3 cup plain or vanilla low-fat yogurt
1 tablespoon orange marmalade
Freshly ground black pepper to taste
4 heads Boston or Bibb lettuce (or 1 head Romaine lettuce)
1/4 cup sliced almonds

Directions:

Mix yogurt with marmalade and pepper. Tear lettuce into bite size pieces. Cut apples into small cubes. Mix lettuce, apples, almonds, and dressing. Serve immediately.

25% calories from fat.

Source: Adapted from nyapplecountry.com website.

Nutrition Facts	
Serving Size 1/5 of recipe (252g)	
Servings Per Container 5	
Amount Per Serving	
Calories 120	Calories from Fat 30
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	% Daily Value*
Total Fat 3g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 20g	7%
Dietary Fiber 4g	16%
Sugars 14g	
Protein 4g	
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Vitamin A 90%	• Vitamin C 15%
Calcium 10%	• Iron 10%
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*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 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
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Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	