



Apio-Rey



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



31 kcal

SIDE DISH

Ingredients

- ☐ 2 large stalks celery coarsely chopped
- ☐ 1 teaspoon celery seed
- ☐ 0.3 teaspoon coriander seeds
- ☐ 1 cup grapes green seedless
- ☐ 4 cups seltzer water
- ☐ 1 cup water

Equipment

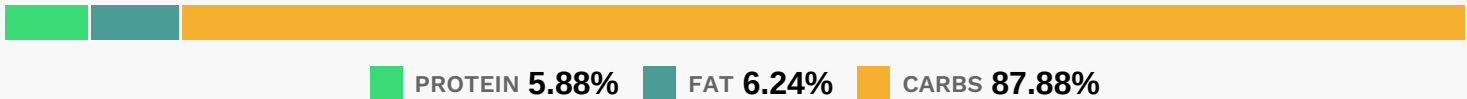
- ☐ sieve

☐ blender

Directions

- ☐ Puree the chopped celery, celery seeds, coriander seeds, and grapes in a blender with the still water. Strain through a fine-mesh sieve into a large pitcher.
- ☐ Add the sparkling water, stir gently, and serve.
- ☐ Serve with Grape Cubes for added fun.
- ☐ Excerpted from Cool Waters, by Brian Preston-Campbell. Photographs copyright © 2009 by Jerry Errico. © 2009, used by permission from The Harvard Common Press.

Nutrition Facts



Properties

Glycemic Index:19.5, Glycemic Load:3.07, Inflammation Score:-2, Nutrition Score:2.4078260660172%

Flavonoids

Apigenin: 0.96mg, Apigenin: 0.96mg, Apigenin: 0.96mg, Apigenin: 0.96mg Luteolin: 4.02mg, Luteolin: 4.02mg, Luteolin: 4.02mg, Luteolin: 4.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 31.18kcal (1.56%), Fat: 0.24g (0.37%), Saturated Fat: 0.04g (0.26%), Carbohydrates: 7.7g (2.57%), Net Carbohydrates: 6.93g (2.52%), Sugar: 6.12g (6.8%), Cholesterol: 0mg (0%), Sodium: 70.24mg (3.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.52g (1.03%), Vitamin K: 11.37µg (10.83%), Manganese: 0.09mg (4.5%), Copper: 0.09mg (4.33%), Potassium: 137.42mg (3.93%), Calcium: 35.1mg (3.51%), Fiber: 0.77g (3.08%), Magnesium: 10.41mg (2.6%), Vitamin B6: 0.05mg (2.59%), Iron: 0.44mg (2.47%), Vitamin C: 1.94mg (2.35%), Vitamin B2: 0.04mg (2.33%), Vitamin A: 114.97IU (2.3%), Zinc: 0.34mg (2.24%), Vitamin B1: 0.03mg (2.15%), Folate: 8.01µg (2%), Phosphorus: 15.6mg (1.56%)