



Apple and Celery Salad with Peanuts



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



156 kcal

SIDE DISH

Ingredients

- ☐ 3 apples red crisp cut into 1/4-inch-thick julienne
- ☐ 4 large rib celery stalks cut into 1/4-inch-thick julienne
- ☐ 0.5 teaspoon dijon mustard
- ☐ 0.3 cup roasted peanuts coarsely chopped
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 apples i use 2 granny smith apples green cut into 1/4-inch-thick julienne
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.3 cup olive oil

Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together lemon juice and mustard in a large bowl.
- ☐ Add oil in a stream, whisking until emulsified.
- ☐ Add apples, celery, and parsley, tossing to coat. Just before serving, sprinkle with peanuts.
- ☐ • Salad may be made 3 hours ahead and chilled, covered.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:4.17, Inflammation Score:-4, Nutrition Score:5.4065217634906%

Flavonoids

Cyanidin: 1.79mg, Cyanidin: 1.79mg, Cyanidin: 1.79mg, Cyanidin: 1.79mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 8.57mg, Epicatechin: 8.57mg, Epicatechin: 8.57mg, Epicatechin: 8.57mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 4.06mg, Apigenin: 4.06mg, Apigenin: 4.06mg, Apigenin: 4.06mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 4.58mg, Quercetin: 4.58mg, Quercetin: 4.58mg, Quercetin: 4.58mg

Nutrients (% of daily need)

Calories: 155.8kcal (7.79%), Fat: 9.96g (15.33%), Saturated Fat: 1.43g (8.92%), Carbohydrates: 17.17g (5.72%), Net Carbohydrates: 13.8g (5.02%), Sugar: 11.95g (13.28%), Cholesterol: 0mg (0%), Sodium: 32.54mg (1.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.09g (4.17%), Vitamin K: 37.47µg (35.68%), Fiber: 3.37g (13.46%), Vitamin C:

9.19mg (11.14%), Manganese: 0.19mg (9.42%), Vitamin E: 1.2mg (7.99%), Potassium: 185.01mg (5.29%), Vitamin B3: 1.04mg (5.22%), Vitamin A: 222.07IU (4.44%), Magnesium: 17.27mg (4.32%), Phosphorus: 37.9mg (3.79%), Copper: 0.07mg (3.74%), Folate: 14.88µg (3.72%), Vitamin B6: 0.07mg (3.31%), Vitamin B1: 0.04mg (2.79%), Iron: 0.44mg (2.43%), Vitamin B2: 0.04mg (2.21%), Vitamin B5: 0.17mg (1.69%), Calcium: 16.19mg (1.62%), Zinc: 0.19mg (1.28%)