



Baby Celery and Shitake Mushroom Salad with Lemon and Parmigiano-Reggiano

 Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



319 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 pound baby shitake mushrooms whole cleaned halved (or left depending on size)
- ☐ 1 bunch baby celery with stems left in tact
- ☐ 2 tablespoon squeezed lemon juice fresh
- ☐ 6 tablespoon very olive oil good
- ☐ 4 servings parmigiano-reggiano
- ☐ 4 servings salt

Equipment

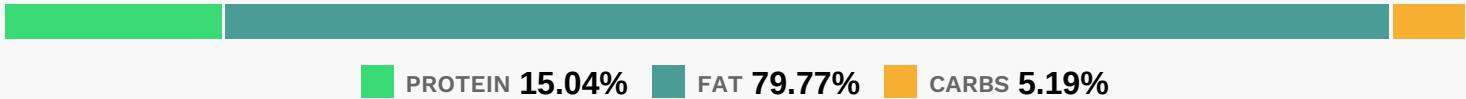
☐

whisk

Directions

- ☐ Divide the baby celery into 4 equal portions and lay them across individual salad plates.
- ☐ Add the lemon juice and olive oil with a pinch of salt into a small bow. It is important to use the very best olive oil as every ingredient is key and cannot hide in this simple salad.
- ☐ Whisk the dressing together until well combined.
- ☐ Toss a few mushrooms onto each plate and drizzle everything with the lemon dressing.
- ☐ Serve with plenty of shaved or grated Parmigiano-Reggiano, lemon wedges and a very light sprinkling of mild herbs (optional)

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:0.3, Inflammation Score:-3, Nutrition Score:11.216521807339%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 318.76kcal (15.94%), Fat: 28.84g (44.37%), Saturated Fat: 7.84g (48.98%), Carbohydrates: 4.22g (1.41%), Net Carbohydrates: 3.7g (1.34%), Sugar: 1.54g (1.71%), Cholesterol: 20.4mg (6.8%), Sodium: 686.29mg (29.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.24g (24.48%), Calcium: 370.19mg (37.02%), Selenium: 21.54µg (30.77%), Phosphorus: 279.24mg (27.92%), Vitamin B2: 0.38mg (22.6%), Vitamin E: 3.13mg (20.89%), Vitamin K: 16.08µg (15.32%), Copper: 0.3mg (14.9%), Vitamin B3: 2.27mg (11.37%), Vitamin B5: 1.02mg (10.21%), Zinc: 1.47mg (9.77%), Potassium: 315.59mg (9.02%), Vitamin B12: 0.42µg (6.94%), Vitamin A: 279.65IU (5.59%), Folate: 21.37µg (5.34%), Vitamin B6: 0.1mg (5.03%), Magnesium: 19.86mg (4.96%), Manganese: 0.1mg (4.91%), Vitamin B1: 0.07mg (4.63%), Vitamin C: 3.21mg (3.89%), Iron: 0.62mg (3.43%), Fiber: 0.52g (2.09%), Vitamin D: 0.21µg (1.38%)