



Celery and Jicama Sauté



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



10

CALORIES



64 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2.5 lb celery
- ☐ 0.3 cup flat-leaf parsley fresh coarsely chopped
- ☐ 2 garlic cloves smashed
- ☐ 1.3 lb jicama
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 1 teaspoon lemon zest fresh finely grated
- ☐ 2 tablespoons olive oil

☐ 1 teaspoon salt

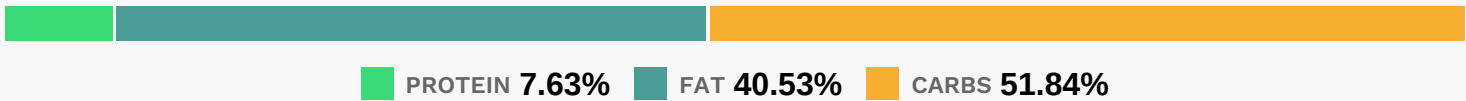
Equipment

- ☐ paper towels
- ☐ knife
- ☐ pot
- ☐ ziploc bags
- ☐ peeler

Directions

- ☐ Peel strings from celery with a vegetable peeler, then cut celery on a long diagonal into 1/4-inch-thick slices. Peel jicama with a sharp knife and cut into 2- by 1/4-inch matchsticks.
- ☐ Heat oil in a 6- to 8-quart heavy pot over moderately high heat until hot but not smoking, then sauté garlic, turning, until golden on all sides, about 2 minutes. Discard garlic.
- ☐ Add celery to oil and sauté, stirring, until softened, about 3 minutes.
- ☐ Add jicama and sauté, stirring, until slightly translucent, about 5 minutes. Stir in remaining ingredients and remove from heat.
- ☐ Celery and jicama can be cut 1 day ahead and chilled in a sealed plastic bag lined with dampened paper towels.

Nutrition Facts



Properties

Glycemic Index:14.1, Glycemic Load:0.91, Inflammation Score:-6, Nutrition Score:8.8778259909671%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 7.54mg, Apigenin: 7.54mg, Apigenin: 7.54mg, Apigenin: 7.54mg Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg, Luteolin: 1.22mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 64.23kcal (3.21%), Fat: 3.07g (4.72%), Saturated Fat: 0.45g (2.81%), Carbohydrates: 8.83g (2.94%), Net Carbohydrates: 4.12g (1.5%), Sugar: 2.6g (2.89%), Cholesterol: 0mg (0%), Sodium: 326.84mg (14.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.3g (2.6%), Vitamin K: 67.97µg (64.74%), Vitamin C: 18.46mg (22.38%), Fiber: 4.71g (18.83%), Vitamin A: 690.03IU (13.8%), Folate: 50.92µg (12.73%), Potassium: 395.46mg (11.3%), Manganese: 0.17mg (8.56%), Vitamin E: 0.99mg (6.59%), Vitamin B6: 0.12mg (5.9%), Calcium: 56.73mg (5.67%), Magnesium: 20.61mg (5.15%), Vitamin B2: 0.08mg (4.95%), Iron: 0.73mg (4.03%), Phosphorus: 39.68mg (3.97%), Vitamin B5: 0.37mg (3.7%), Copper: 0.07mg (3.64%), Vitamin B1: 0.04mg (2.57%), Vitamin B3: 0.51mg (2.54%), Zinc: 0.27mg (1.79%), Selenium: 0.94µg (1.35%)