



Celery and Olive Antipasto with Ricotta Salata

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



99 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 ounces calamata olives pitted coarsely chopped
- 3 fillet anchovy jarred minced
- 15 large celery ribs peeled cut into 2-inch sticks
- 3 garlic cloves minced
- 3.5 tablespoons juice of lemon fresh
- 0.8 teaspoon lemon zest finely grated
- 0.3 cup olive oil extra-virgin
- 6 ounces ricotta salata grated

10 servings salt and pepper freshly ground

Equipment

bowl

whisk

Directions

Put the celery in a large bowl of ice water and refrigerate until curled and very crisp, at least 2 hours.

In a bowl, whisk the olive oil with the lemon juice, anchovies, garlic and lemon zest. Season with salt and pepper.

Drain the celery and pat dry. Return the celery to the dry bowl and toss with the olives and dressing.

Transfer the antipasto to a platter, scatter the ricotta salata over the top and serve.

Make Ahead: The drained celery and the dressing can be refrigerated separately overnight in airtight containers.

Nutrition Facts

 **PROTEIN 9.42%** **FAT 83.44%** **CARBS 7.14%**

Properties

Glycemic Index:8.9, Glycemic Load:0.25, Inflammation Score:-1, Nutrition Score:2.2534782517215%

Flavonoids

Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 98.75kcal (4.94%), Fat: 9.43g (14.51%), Saturated Fat: 2.41g (15.05%), Carbohydrates: 1.81g (0.6%), Net Carbohydrates: 1.29g (0.47%), Sugar: 0.34g (0.37%), Cholesterol: 9.4mg (3.13%), Sodium: 391.35mg (17.02%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.4g (4.79%), Vitamin E: 1.26mg (8.4%), Vitamin K: 5.37µg (5.12%), Calcium: 47.59mg (4.76%), Selenium: 3.17µg (4.52%), Phosphorus: 32.67mg (3.27%), Vitamin C: 2.69mg (3.26%), Vitamin A: 148.27IU (2.97%), Vitamin B2: 0.04mg (2.49%), Fiber: 0.52g (2.08%), Zinc: 0.24mg (1.63%), Vitamin B6: 0.03mg (1.54%), Potassium: 52.17mg (1.49%), Folate: 5.75µg (1.44%), Copper: 0.03mg (1.28%), Iron: 0.22mg (1.24%), Vitamin B3: 0.24mg (1.22%), Manganese: 0.02mg (1.21%), Magnesium: 4.84mg (1.21%), Vitamin B12: 0.07µg (1.09%)