



Celery and Parsley Salad with Golden Raisins



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



14 min.

SERVINGS



4

CALORIES



87 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2.3 cups celery diagonally sliced (including leaves)
- ☐ 1.3 cups parsley fresh loosely packed
- ☐ 0.3 cup golden raisins
- ☐ 0.3 teaspoon kosher salt
- ☐ 4 teaspoons olive oil extra virgin extra-virgin
- ☐ 2.5 tablespoons balsamic vinegar white

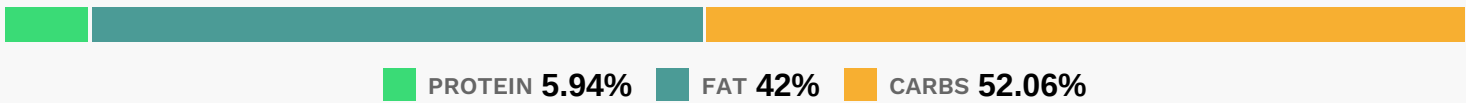
Equipment

- ☐ bowl
- ☐ whisk
- ☐ sieve
- ☐ microwave

Directions

- ☐ Combine raisins and vinegar in a small microwave-safe bowl; microwave at HIGH 1 minute and 15 seconds or until raisins are plump.
- ☐ Drain raisins in a sieve over a medium bowl, reserving 1 tablespoon vinegar; discard the remaining vinegar.
- ☐ Combine raisins, celery, and parsley in a large bowl.
- ☐ Add salt and pepper to reserved vinegar, stirring with a whisk. Gradually add oil, stirring constantly with a whisk.
- ☐ Drizzle dressing over salad; toss gently to coat.

Nutrition Facts



Properties

Glycemic Index:50.67, Glycemic Load:5.2, Inflammation Score:-9, Nutrition Score:11.528260903514%

Flavonoids

Apigenin: 44.77mg, Apigenin: 44.77mg, Apigenin: 44.77mg, Apigenin: 44.77mg Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Myricetin: 2.97mg, Myricetin: 2.97mg, Myricetin: 2.97mg, Myricetin: 2.97mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 87.29kcal (4.36%), Fat: 4.3g (6.62%), Saturated Fat: 0.62g (3.87%), Carbohydrates: 12.01g (4%), Net Carbohydrates: 10.01g (3.64%), Sugar: 7.82g (8.69%), Cholesterol: 0mg (0%), Sodium: 207.17mg (9.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.37g (2.74%), Vitamin K: 348.19µg (331.61%), Vitamin A: 1950.02IU (39%), Vitamin C: 28.72mg (34.81%), Folate: 51.9µg (12.98%), Potassium: 344.52mg (9.84%), Iron: 1.63mg (9.04%), Fiber: 2g (7.99%), Manganese: 0.15mg (7.5%), Vitamin E: 0.9mg (5.98%), Calcium: 59.35mg (5.94%), Magnesium: 21.07mg (5.27%), Vitamin B6: 0.09mg (4.56%), Copper: 0.09mg (4.38%), Vitamin B2: 0.07mg (4.16%), Phosphorus: 38.26mg (3.83%), Vitamin B3: 0.56mg (2.78%), Vitamin B5: 0.24mg (2.39%), Zinc: 0.33mg (2.2%), Vitamin B1: 0.03mg

(2.03%)