



Celery, Apple, and Fennel Slaw



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



110 kcal

SIDE DISH

Ingredients

- ☐ 1 apples firm julienned crisp (such as Pink Lady, Gala, or Granny Smith)
- ☐ 2.5 tablespoons apple cider vinegar
- ☐ 3 celery stalks loosely packed thinly sliced
- ☐ 2 small fennel bulb thinly sliced chopped
- ☐ 1.5 tablespoons tarragon fresh coarsely chopped
- ☐ 6 servings pepper black freshly ground
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 3 tablespoons olive oil extra virgin extra-virgin

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0.3 teaspoon sugar

Equipment

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bowl

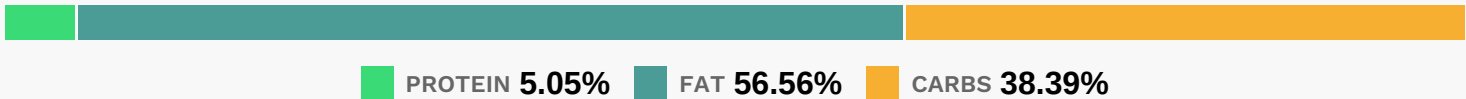
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whisk

Directions

- ☐ Whisk first 5 ingredients in a medium bowl.
- ☐ Add celery and celery leaves, thinly sliced fennel and chopped fennel fronds, and apple; toss to coat. Season to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:53.52, Glycemic Load:3.27, Inflammation Score:-3, Nutrition Score:7.5873911924984%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.92mg, Eriodictyol: 0.92mg, Eriodictyol: 0.92mg, Eriodictyol: 0.92mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

Nutrients (% of daily need)

Calories: 109.85kcal (5.49%), Fat: 7.35g (11.3%), Saturated Fat: 1.08g (6.75%), Carbohydrates: 11.22g (3.74%), Net Carbohydrates: 7.88g (2.87%), Sugar: 6.48g (7.2%), Cholesterol: 0mg (0%), Sodium: 44.04mg (1.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.47g (2.95%), Vitamin K: 54.62µg (52.01%), Manganese: 0.33mg (16.48%), Vitamin C: 12.34mg (14.95%), Fiber: 3.34g (13.35%), Potassium: 421.11mg (12.03%), Vitamin E: 1.52mg (10.16%), Folate: 27.84µg (6.96%), Iron: 1.24mg (6.88%), Calcium: 61.82mg (6.18%), Magnesium: 21.65mg (5.41%), Phosphorus: 1.41mg

49.09mg (4.91%), Vitamin B6: 0.09mg (4.69%), Vitamin A: 204.03IU (4.08%), Copper: 0.07mg (3.72%), Vitamin B3: 0.69mg (3.46%), Vitamin B2: 0.06mg (3.4%), Vitamin B5: 0.21mg (2.08%), Zinc: 0.24mg (1.62%), Vitamin B1: 0.02mg (1.22%)