



Celery, Fennel & Radish Salad with Homemade Blue Cheese Dressing

 Gluten Free

READY IN



5 min.

SERVINGS



6

CALORIES



42 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

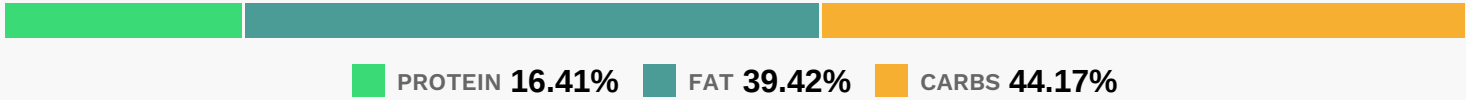
- ☐ 0.5 cup cheese dressing [blue for recipe \(see link \)](#)
- ☐ 1 cup croutons
- ☐ 1 pinch freshly cracked pepper [black](#)
- ☐ 1 bunch radishes [red](#) washed well

Equipment

Directions

☐ Thinly slice the celery, fennel and radishes; toss together. Arrange the salad onto a serving plate. Top with blue cheese dressingand garnish with croutons, if using.

Nutrition Facts



Properties

Glycemic Index:22.67, Glycemic Load:2.51, Inflammation Score:-1, Nutrition Score:1.2900000097149%

Flavonoids

Pelargonidin: 5.26mg, Pelargonidin: 5.26mg, Pelargonidin: 5.26mg, Pelargonidin: 5.26mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg

Nutrients (% of daily need)

Calories: 41.94kcal (2.1%), Fat: 1.81g (2.78%), Saturated Fat: 0.61g (3.78%), Carbohydrates: 4.56g (1.52%), Net Carbohydrates: 4.17g (1.52%), Sugar: 0.73g (0.81%), Cholesterol: 0.2mg (0.07%), Sodium: 229.87mg (9.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.69g (3.39%), Selenium: 2.25µg (3.22%), Phosphorus: 24.39mg (2.44%), Vitamin B1: 0.04mg (2.42%), Calcium: 24.13mg (2.41%), Folate: 9.3µg (2.32%), Vitamin B2: 0.04mg (2.19%), Iron: 0.34mg (1.87%), Manganese: 0.03mg (1.64%), Vitamin C: 1.29mg (1.57%), Fiber: 0.39g (1.57%), Vitamin B3: 0.3mg (1.52%), Vitamin K: 1.24µg (1.18%)