



Celery-Fennel Salad with Olives



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



172 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 cups celery green thinly sliced (from 6 large ribs)
- ☐ 3 cups fennel bulb thinly sliced (from 1 large bulb)
- ☐ 8 ounces feta crumbled
- ☐ 0.3 cup olives green pitted roughly chopped
- ☐ 0.5 cup kalamata olives pitted roughly chopped
- ☐ 1 tablespoon juice of lemon
- ☐ 0.3 cup olive oil
- ☐ 0.5 small onion red sliced

- ☐ 8 servings salt and pepper
- ☐ 2 tablespoons citrus champagne vinegar

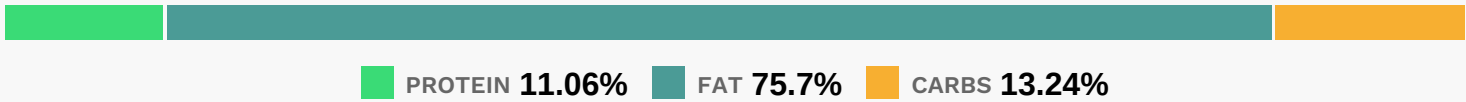
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together lemon juice, vinegar and oil. Season with salt and pepper. In a bowl, mix celery, fennel, onion, feta and both olives. Toss with lemon juice mixture. Chop celery leaves and fennel fronds; sprinkle on top.

Nutrition Facts



Properties

Glycemic Index:16.38, Glycemic Load:1.22, Inflammation Score:-4, Nutrition Score:8.3869565673496%

Flavonoids

Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg

Nutrients (% of daily need)

Calories: 172.44kcal (8.62%), Fat: 14.92g (22.96%), Saturated Fat: 5.01g (31.3%), Carbohydrates: 5.87g (1.96%), Net Carbohydrates: 3.72g (1.35%), Sugar: 2.2g (2.44%), Cholesterol: 25.23mg (8.41%), Sodium: 762.41mg (33.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.91g (9.81%), Vitamin K: 36.36µg (34.63%), Calcium: 179.59mg (17.96%), Vitamin B2: 0.27mg (16.14%), Phosphorus: 123.89mg (12.39%), Vitamin E: 1.8mg (12.01%), Vitamin B6: 0.18mg (8.83%), Fiber: 2.16g (8.63%), Folate: 33.58µg (8.39%), Vitamin B12: 0.48µg (7.99%), Potassium: 269.97mg (7.71%), Vitamin C: 6.34mg (7.69%), Vitamin A: 383.4IU (7.67%), Selenium: 4.78µg (6.83%), Zinc: 0.95mg (6.34%), Manganese: 0.12mg (6.03%), Vitamin B5: 0.46mg (4.57%), Magnesium: 17.45mg (4.36%), Vitamin B1: 0.06mg (4.08%), Iron: 0.63mg (3.51%), Vitamin B3: 0.65mg (3.25%), Copper: 0.06mg (3.13%)