



## Celery Fennel Salad with Preserved Lemon and Dates



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



10

CALORIES



124 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- ☐ 1.5 lbs celery with a vegetable peeler trimmed
- ☐ 2 fennel bulbs trimmed
- ☐ 1 cup flat-leaf parsley leaves loosely packed
- ☐ 2 tbsp juice of lemon fresh
- ☐ 0.3 cup preserved lemon rind homemade store-bought chopped
- ☐ 4 oz medjool dates
- ☐ 0.3 cup olive oil extra-virgin

☐ 10 servings sea salt and pepper

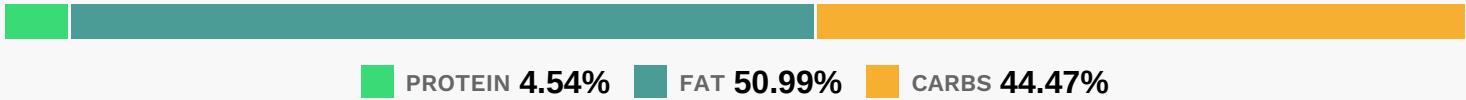
Equipment

- ☐ bowl
- ☐ knife
- ☐ mandoline

Directions

- ☐ Stir together preserved lemon rind, 2 tbsp. lemon juice, and the oil in a small bowl. Season with salt, pepper, and more lemon juice if needed.
- ☐ Slice celery stalks very thinly on the diagonal, using a mandoline or sharp knife.
- ☐ Cut fennel bulbs in half lengthwise; cut out and discard cores. Thinly slice crosswise. Pit dates and cut into slivers.
- ☐ Combine with celery, fennel, and parsley in a large bowl.
- ☐ Add dressing and toss to coat.

Nutrition Facts



Properties

Glycemic Index:10.9, Glycemic Load:1.24, Inflammation Score:-7, Nutrition Score:10.894347890564%

Flavonoids

Eriodictyol: 0.65mg, Eriodictyol: 0.65mg, Eriodictyol: 0.65mg, Eriodictyol: 0.65mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 14.87mg, Apigenin: 14.87mg, Apigenin: 14.87mg, Apigenin: 14.87mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.89mg, Myricetin: 0.89mg, Myricetin: 0.89mg, Myricetin: 0.89mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 123.63kcal (6.18%), Fat: 7.5g (11.54%), Saturated Fat: 1.08g (6.75%), Carbohydrates: 14.71g (4.9%), Net Carbohydrates: 11.02g (4.01%), Sugar: 10.6g (11.78%), Cholesterol: 0mg (0%), Sodium: 276.2mg (12.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.5g (3.01%), Vitamin K: 152.37µg (145.11%), Vitamin C: 16.87mg (20.44%),

Vitamin A: 890.72IU (17.81%), Fiber: 3.78g (15.14%), Potassium: 486.02mg (13.89%), Folate: 48.55µg (12.14%), Vitamin E: 1.54mg (10.28%), Manganese: 0.2mg (10.17%), Calcium: 66.06mg (6.61%), Magnesium: 24.75mg (6.19%), Iron: 1mg (5.53%), Vitamin B6: 0.11mg (5.37%), Copper: 0.11mg (5.27%), Phosphorus: 50.48mg (5.05%), Vitamin B5: 0.4mg (3.95%), Vitamin B2: 0.07mg (3.93%), Vitamin B3: 0.78mg (3.91%), Vitamin B1: 0.03mg (2.03%), Zinc: 0.3mg (1.99%)