



Celery, Grilled Grape and Mushroom Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



45

CALORIES



31 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup roasted almond oil
- ☐ 0.3 cup roasted almonds salted chopped
- ☐ 2 heads boston lettuce separated
- ☐ 2 cups celery very thinly sliced
- ☐ 1.5 cups tender celery leaves from one head
- ☐ 0.5 teaspoon celery seeds
- ☐ 0.3 teaspoon dijon mustard
- ☐ 0.5 cup flat-leaf parsley leaves

- ☐ 2 small garlic cloves minced
- ☐ 12 ounces grapes green
- ☐ 1 pound king oyster mushrooms sliced lengthwise
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 45 servings salt and pepper freshly ground
- ☐ 2 tablespoons citrus champagne vinegar

Equipment

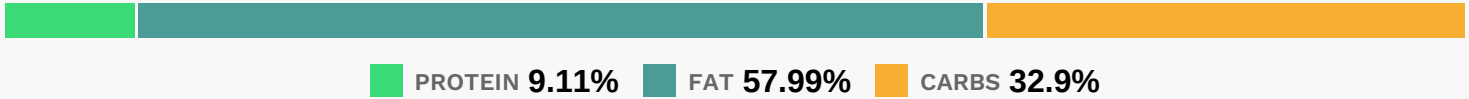
- ☐ food processor
- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ In a small bowl, whisk the vinegar with the lemon juice, celery seeds, mustard and half of the garlic. Gradually whisk in 1/4 cup of the olive oil and the almond oil until emulsified. Season the dressing with salt and pepper.
- ☐ In a mini food processor, combine the remaining garlic with the parsley, celery leaves and almonds and pulse until finely chopped.
- ☐ Add another 1/4 cup of the olive oil and puree to a chunky paste. Season the pesto with salt and pepper.
- ☐ Light a grill.
- ☐ Brush the mushrooms with oil and season with salt and pepper. Grill over high heat, turning once, until tender and browned, about 5 minutes. In a bowl, toss the grapes with the remaining 1 tablespoon of olive oil and season with salt and pepper. Grill over high heat until the skins begin to blacken in spots, about 3 minutes; line the grill with perforated foil if the grapes will fall through.
- ☐ Transfer the grapes and mushrooms to a large bowl and toss with the pesto.

Arrange the lettuce leaves on a platter and drizzle with half of the dressing. Spoon the mushroom-and-grape salad onto the lettuce. Toss the celery with the remaining dressing, spoon it on top and serve.

Nutrition Facts



Properties

Glycemic Index:4.76, Glycemic Load:0.68, Inflammation Score:-3, Nutrition Score:3.2539130177187%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 1.81mg, Apigenin: 1.81mg, Apigenin: 1.81mg, Apigenin: 1.81mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 31.48kcal (1.57%), Fat: 2.19g (3.37%), Saturated Fat: 0.22g (1.34%), Carbohydrates: 2.8g (0.93%), Net Carbohydrates: 2.09g (0.76%), Sugar: 1.57g (1.74%), Cholesterol: 0mg (0%), Sodium: 206.83mg (8.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.77g (1.55%), Vitamin K: 23.45µg (22.33%), Vitamin A: 361.55IU (7.23%), Vitamin E: 0.81mg (5.43%), Folate: 15.14µg (3.79%), Vitamin B2: 0.06mg (3.65%), Potassium: 117.13mg (3.35%), Manganese: 0.07mg (3.33%), Vitamin B3: 0.62mg (3.09%), Fiber: 0.71g (2.82%), Copper: 0.05mg (2.49%), Phosphorus: 23.6mg (2.36%), Vitamin C: 1.92mg (2.32%), Iron: 0.37mg (2.04%), Vitamin B5: 0.18mg (1.83%), Magnesium: 7.31mg (1.83%), Vitamin B6: 0.04mg (1.82%), Vitamin B1: 0.03mg (1.81%), Calcium: 12.43mg (1.24%)