



Celery Polpette

READY IN



80 min.

SERVINGS



16

CALORIES



59 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 cup breadcrumbs
- ☐ 1 large bunch celery
- ☐ 2 large eggs lightly beaten
- ☐ 0.3 cup parsley fresh chopped
- ☐ 3 cloves garlic minced
- ☐ 16 servings kosher salt
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 2 ounces parmesan cheese finely grated
- ☐ 16 servings pepper freshly ground

- ☐ 1 pinch pepper flakes red
- ☐ 1 tablespoon tomato paste

Equipment

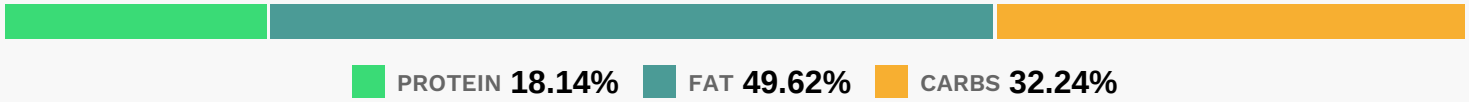
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ pot
- ☐ kitchen towels
- ☐ salad spinner

Directions

- ☐ Bring a large pot of salted water to a boil.
- ☐ Cut the celery stalks into 2-inch pieces (reserve the leaves). Boil the celery until tender, about 10 minutes.
- ☐ Drain and rinse with cold water, then spin in a salad spinner and pat dry. Pulse the celery in a food processor until chopped. Squeeze handfuls of the puree in a kitchen towel to remove excess water.
- ☐ Heat 1/4 cup olive oil in a large skillet over medium-high heat.
- ☐ Add the celery puree, 1/3 cup parsley, 2 teaspoons minced garlic and 1/2 teaspoon each salt and pepper. Cook, stirring, until soft, about 8 minutes.
- ☐ Transfer to a bowl and let cool. Reserve the skillet.
- ☐ Mix the eggs, breadcrumbs and parmesan into the celery mixture.
- ☐ Roll into about 16 small balls; refrigerate until firm, 20 to 30 minutes.
- ☐ Heat the remaining 1/4 cup olive oil in the skillet over medium-high heat.
- ☐ Add the celery balls and cook, turning, until golden brown, 8 to 10 minutes.
- ☐ Transfer to a paper towel-lined plate to drain.
- ☐ Pour off half of the oil from the skillet.

- ☐
- Add the tomato paste, the remaining 1 teaspoon minced garlic and the red pepper flakes;cook over medium heat until the garlic starts to brown, about 1 minute.
- ☐
- Add 2/3 cup water and whisk until emulsified, about 30 seconds. Return the celery balls to the sauce and heat through.
- ☐
- Add the reserved celery leaves and the remaining 2 tablespoons parsley.
- ☐
- Photograph by Anna Williams

Nutrition Facts



Properties

Glycemic Index:10.69, Glycemic Load:0.15, Inflammation Score:-2, Nutrition Score:3.4930434823036%

Flavonoids

Apigenin: 2.77mg, Apigenin: 2.77mg, Apigenin: 2.77mg, Apigenin: 2.77mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 58.51kcal (2.93%), Fat: 3.23g (4.97%), Saturated Fat: 1g (6.24%), Carbohydrates: 4.72g (1.57%), Net Carbohydrates: 4.33g (1.58%), Sugar: 0.51g (0.57%), Cholesterol: 26.33mg (8.78%), Sodium: 312.58mg (13.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.66g (5.31%), Vitamin K: 22.75µg (21.67%), Selenium: 4.59µg (6.55%), Calcium: 48.79mg (4.88%), Phosphorus: 46.39mg (4.64%), Manganese: 0.08mg (4.08%), Vitamin A: 198.63IU (3.97%), Vitamin B2: 0.07mg (3.9%), Vitamin B1: 0.06mg (3.72%), Folate: 11.52µg (2.88%), Iron: 0.51mg (2.84%), Vitamin C: 2.13mg (2.59%), Vitamin E: 0.35mg (2.3%), Zinc: 0.34mg (2.26%), Vitamin B3: 0.4mg (2.02%), Vitamin B12: 0.12µg (2.02%), Vitamin B6: 0.03mg (1.61%), Fiber: 0.39g (1.56%), Vitamin B5: 0.15mg (1.53%), Potassium: 52.39mg (1.5%), Magnesium: 5.81mg (1.45%), Copper: 0.03mg (1.42%)