



Celery, Radish, and Olive Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



196 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 2.3 pound celery
- ☐ 1 tablespoon chives fresh finely chopped
- ☐ 10 kalamata olives pitted chopped
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 1.5 tablespoons olive oil extra-virgin
- ☐ 4 radishes trimmed cut into 1/8-inch-thick slices
- ☐ 0.1 teaspoon salt

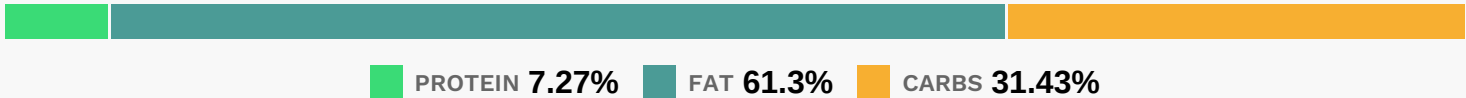
Equipment

☐ bowl

Directions

- ☐ Remove outer dark green ribs of celery and reserve for another use.
- ☐ Remove leaves and reserve in a bowl.
- ☐ Cut off and discard base of celery heart, then cut crosswise into 1/4-inch-thick slices and add to celery leaves along with remaining ingredients. Toss to coat.

Nutrition Facts



Properties

Glycemic Index:70.5, Glycemic Load:2.31, Inflammation Score:-9, Nutrition Score:21.245652084765%

Flavonoids

Pelargonidin: 5.05mg, Pelargonidin: 5.05mg, Pelargonidin: 5.05mg, Pelargonidin: 5.05mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 14.55mg, Apigenin: 14.55mg, Apigenin: 14.55mg, Apigenin: 14.55mg Luteolin: 5.48mg, Luteolin: 5.48mg, Luteolin: 5.48mg, Luteolin: 5.48mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 1.34mg, Kaempferol: 1.34mg, Kaempferol: 1.34mg, Kaempferol: 1.34mg Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg

Nutrients (% of daily need)

Calories: 196.4kcal (9.82%), Fat: 14.46g (22.25%), Saturated Fat: 2.08g (12.99%), Carbohydrates: 16.69g (5.56%), Net Carbohydrates: 7.65g (2.78%), Sugar: 7.25g (8.05%), Cholesterol: 0mg (0%), Sodium: 869.03mg (37.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.86g (7.72%), Vitamin K: 159.62µg (152.02%), Vitamin A: 2436.65IU (48.73%), Folate: 188.9µg (47.23%), Potassium: 1365.18mg (39.01%), Fiber: 9.04g (36.15%), Manganese: 0.55mg (27.68%), Vitamin E: 3.66mg (24.42%), Vitamin C: 19.81mg (24.01%), Calcium: 218.95mg (21.89%), Vitamin B6: 0.39mg (19.71%), Vitamin B2: 0.3mg (17.53%), Magnesium: 60.28mg (15.07%), Vitamin B5: 1.29mg (12.86%), Phosphorus: 126.34mg (12.63%), Copper: 0.21mg (10.58%), Vitamin B3: 1.72mg (8.58%), Vitamin B1: 0.11mg (7.66%), Iron: 1.25mg (6.92%), Zinc: 0.71mg (4.71%), Selenium: 2.29µg (3.28%)