



Celery Salad



Vegetarian



Gluten Free

READY IN



40 min.

SERVINGS



2

CALORIES



145 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup celery sliced
- ☐ 1.5 tablespoons mayonnaise fat-free
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 0.1 teaspoon ground pepper black
- ☐ 1.5 teaspoons juice of lemon fresh
- ☐ 1.5 tablespoons yogurt plain low-fat
- ☐ 0.3 cup peas green frozen thawed
- ☐ 1 tablespoon pecans toasted chopped

- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup cherries dried sweet

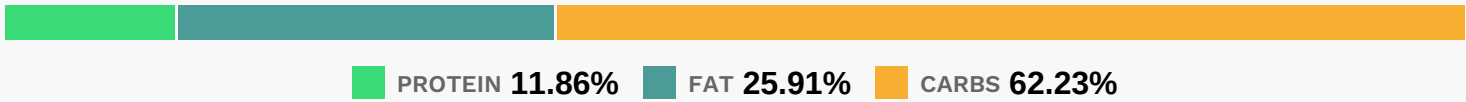
Equipment

- ☐ bowl

Directions

- ☐ In a medium bowl, combine the celery, cherries, peas, parsley and pecans. Stir in the mayonnaise, yogurt and lemon juice. Season with salt and pepper. Chill before serving.

Nutrition Facts



Properties

Glycemic Index:75.17, Glycemic Load:1.19, Inflammation Score:-8, Nutrition Score:12.352174002191%

Flavonoids

Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 14.01mg, Apigenin: 14.01mg, Apigenin: 14.01mg, Apigenin: 14.01mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.89mg, Myricetin: 0.89mg, Myricetin: 0.89mg, Myricetin: 0.89mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 145.24kcal (7.26%), Fat: 4.34g (6.67%), Saturated Fat: 0.57g (3.54%), Carbohydrates: 23.44g (7.81%), Net Carbohydrates: 18.63g (6.78%), Sugar: 14.82g (16.47%), Cholesterol: 1.85mg (0.62%), Sodium: 276.75mg (12.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.47g (8.94%), Vitamin K: 118.49µg (112.85%), Vitamin A: 1588.9IU (31.78%), Vitamin C: 20.45mg (24.78%), Manganese: 0.39mg (19.62%), Fiber: 4.8g (19.22%), Folate: 41.98µg (10.5%), Calcium: 80.1mg (8.01%), Vitamin B1: 0.12mg (7.87%), Phosphorus: 75.14mg (7.51%), Potassium: 256.98mg (7.34%), Iron: 1.3mg (7.21%), Copper: 0.13mg (6.56%), Magnesium: 24.39mg (6.1%), Vitamin B2: 0.1mg (5.9%), Zinc: 0.78mg (5.21%), Vitamin B6: 0.09mg (4.71%), Vitamin B3: 0.79mg (3.93%), Vitamin B5: 0.28mg (2.81%), Selenium: 1.32µg

(1.88%), Vitamin E: 0.26mg (1.76%), Vitamin B12: 0.08µg (1.4%)