



Celery Salad

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



197 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 7 large rib celery
- ☐ 0.3 teaspoon celery salt
- ☐ 0.3 cup flat-leaf parsley leaves fresh loosely packed
- ☐ 4 servings accompaniment: crumbly goat cheese soft
- ☐ 1 cup olive oil extra-virgin
- ☐ 1 teaspoon red-wine vinegar
- ☐ 0.5 teaspoon salt

- ☐ 0.3 cup water
- ☐ 0.7 cup sandwich bread diced white firm ()

Equipment

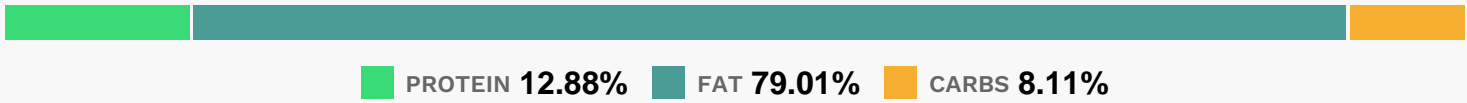
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ knife
- ☐ whisk
- ☐ sieve
- ☐ blender
- ☐ slotted spoon

Directions

- ☐ Peel outer strings from 4 celery ribs with a paring knife.
- ☐ Cut peeled celery into 2-inch lengths, then use slicer to julienne enough celery to measure 2 cups, reserving all trimmings.
- ☐ Transfer julienned celery to a bowl and chill.
- ☐ Cut enough of trimmings and remaining ribs into 1/4-inch slices to measure 2 cups.
- ☐ Add celery slices (not julienne) and water to a small saucepan and simmer, covered, until tender, about 5 minutes.
- ☐ Remove from heat and add parsley, stirring until wilted.
- ☐ Transfer blanched celery slices, parsley, and any remaining liquid to a blender and purée until smooth, about 2 minutes, then force through a medium-mesh sieve into a bowl, pressing on and discarding solids. Stir 1/4 teaspoon salt and a pinch of pepper into celery coulis and set bowl in a larger bowl of ice and cold water.
- ☐ Heat 1 cup oil in a 10-inch skillet over moderately high heat until hot but not smoking, then fry bread, stirring constantly, until golden brown, 15 to 20 seconds. Immediately transfer croutons with a slotted spoon to paper towels to drain, then sprinkle with celery salt. Cool croutons to room temperature.

- ☐
- Whisk together vinegar, pepper, remaining 1/4 teaspoon salt, and remaining tablespoon oil in a large bowl until blended, then add celery julienne and croutons, tossing to coat.
- ☐
- Spoon about 2 tablespoons celery coulis onto each of 4 plates and pile salad alongside.

Nutrition Facts



Properties

Glycemic Index:42.69, Glycemic Load:2.68, Inflammation Score:-5, Nutrition Score:7.5352173214373%

Flavonoids

Apigenin: 8.18mg, Apigenin: 8.18mg, Apigenin: 8.18mg, Apigenin: 8.18mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 196.91kcal (9.85%), Fat: 17.43g (26.81%), Saturated Fat: 5.93g (37.07%), Carbohydrates: 4.02g (1.34%), Net Carbohydrates: 3.68g (1.34%), Sugar: 0.72g (0.8%), Cholesterol: 13.8mg (4.6%), Sodium: 586.77mg (25.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.39g (12.79%), Vitamin K: 69.17µg (65.88%), Vitamin A: 634.07IU (12.68%), Copper: 0.24mg (11.94%), Vitamin E: 1.66mg (11.06%), Phosphorus: 88.07mg (8.81%), Vitamin B2: 0.14mg (8.05%), Calcium: 64.87mg (6.49%), Iron: 1.13mg (6.3%), Vitamin C: 5.05mg (6.12%), Manganese: 0.09mg (4.59%), Folate: 18.27µg (4.57%), Vitamin B6: 0.09mg (4.34%), Vitamin B1: 0.06mg (4.18%), Selenium: 2.59µg (3.71%), Vitamin B3: 0.54mg (2.71%), Vitamin B5: 0.26mg (2.64%), Zinc: 0.39mg (2.59%), Magnesium: 9.21mg (2.3%), Fiber: 0.34g (1.36%), Potassium: 43.42mg (1.24%)