



Celery Salad

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



145 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 0.8 cup celery sliced
- ☐ 1.5 tablespoons mayonnaise fat-free
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 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

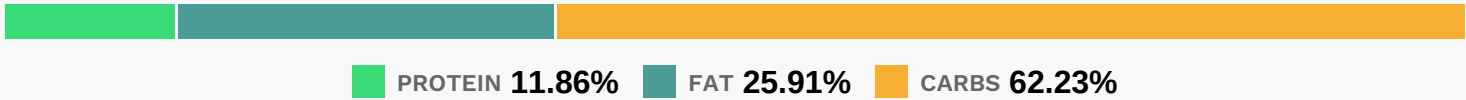
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup cherries dried sweet

Equipment

Directions

- ☐ Combine all ingredients; chill.

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%)