



Celery Slaw with Edamame



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



87 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon canola oil
- ☐ 0.3 cup cilantro leaves
- ☐ 6 ounces edamame in their pods frozen (soybeans)
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 tablespoon torn mint leaves
- ☐ 4 large tender celery ribs coarsely chopped
- ☐ 2 scallions white green thinly sliced
- ☐ 4 servings sea salt

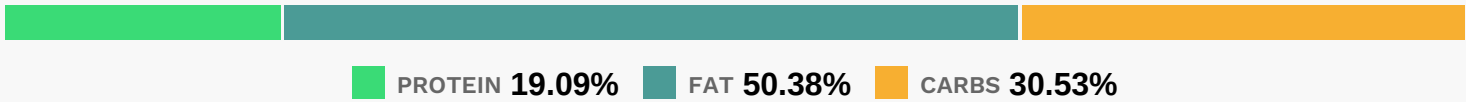
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ knife
- ☐ whisk

Directions

- ☐ In a food processor or with a sharp knife, slice the celery as thinly as possible.
- ☐ Put the celery in a bowl of ice water and crisp for 15 minutes.
- ☐ Drain and pat dry. Wipe out the bowl and return the celery to it.
- ☐ In a medium saucepan of boiling water, cook the soybeans for 5 minutes.
- ☐ Drain and refresh under cold water. Shell the soybeans and pat dry.
- ☐ Add the soybeans, scallions, cilantro, mint and celery leaves to the celery and toss well.
- ☐ In a bowl, whisk the lime juice with the oil.
- ☐ Pour the dressing over the vegetables, season with salt, toss and serve.
- ☐ Make Ahead: The recipe can be prepared through Step 1 and refrigerated for 4 hours.
- ☐ Wine Recommendation: A refreshing sparkling wine will balance the salty-sweetness of the celery and soybeans and point up the crisp texture of the celery. Look for a good nonvintage brut from France, such as the Deutz Brut Champagne Classic or the Laurent-Perrier Brut L.P.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:0.1, Inflammation Score:-2, Nutrition Score:2.7478260320166%

Flavonoids

Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg,

Naringenin: 0.01mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 86.76kcal (4.34%), Fat: 4.95g (7.62%), Saturated Fat: 0.26g (1.65%), Carbohydrates: 6.75g (2.25%), Net Carbohydrates: 4.72g (1.72%), Sugar: 1.37g (1.53%), Cholesterol: 0mg (0%), Sodium: 196.47mg (8.54%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 4.22g (8.45%), Vitamin K: 18.33µg (17.46%), Fiber: 2.04g (8.15%), Iron: 1.33mg (7.36%), Potassium: 227.84mg (6.51%), Vitamin E: 0.68mg (4.54%), Calcium: 44.13mg (4.41%), Vitamin A: 186.76IU (3.74%), Vitamin C: 2.95mg (3.58%), Folate: 6.62µg (1.65%), Manganese: 0.03mg (1.54%)