



## Celery-Stick Fingers and Dip



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



256 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 0.5 cup almonds sliced
- ☐ 8 celery stalks cut into 3-inch lengths
- ☐ 8 ounces cheddar grated
- ☐ 8 oz cream cheese
- ☐ 0.8 cup salsa

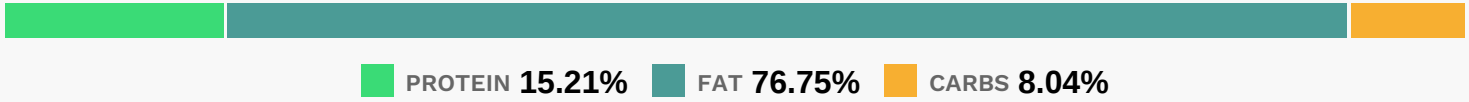
## Equipment

- ☐ oven
- ☐ baking pan

# Directions

- ☐ Preheat oven to 350F. Reserve 1 Tbsp. cream cheese and spread remaining cream cheese evenly in an 8-inch oval baking dish.
- ☐ Spread salsa over cream cheese.
- ☐ Sprinkle with grated Cheddar.
- ☐ Bake until cheese is melted, about 15 minutes.
- ☐ Let cool slightly.
- ☐ Place a dab of cream cheese on one end of each celery stick and press a sliced almond into cream cheese. Arrange celery fingers on platter and serve with hot dip.

## Nutrition Facts



## Properties

Glycemic Index:12, Glycemic Load:0.68, Inflammation Score:-5, Nutrition Score:7.6843478187271%

## Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 255.81kcal (12.79%), Fat: 22.31g (34.33%), Saturated Fat: 11.4g (71.22%), Carbohydrates: 5.26g (1.75%), Net Carbohydrates: 4.04g (1.47%), Sugar: 2.39g (2.66%), Cholesterol: 56.98mg (18.99%), Sodium: 437.58mg (19.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.95g (19.89%), Calcium: 251.82mg (25.18%), Phosphorus: 196.59mg (19.66%), Vitamin A: 799.81IU (16%), Vitamin B2: 0.27mg (15.64%), Selenium: 10.93µg (15.62%), Vitamin E: 2.24mg (14.91%), Zinc: 1.42mg (9.44%), Manganese: 0.17mg (8.45%), Magnesium: 29.83mg (7.46%), Vitamin B12: 0.36µg (6.05%), Potassium: 174.69mg (4.99%), Fiber: 1.22g (4.89%), Copper: 0.09mg (4.55%), Vitamin B6: 0.09mg (4.46%), Vitamin B5: 0.36mg (3.65%), Folate: 13.45µg (3.36%), Vitamin K: 3.47µg (3.31%), Vitamin B3: 0.53mg

(2.67%), Vitamin B1: 0.04mg (2.39%), Iron: 0.4mg (2.22%), Vitamin D: 0.17µg (1.13%)