



Celery 'string' blue cheese & walnut salad



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



156 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 head celery
- ☐ 1 apples green
- ☐ 10 g cheese blue hard crumbled
- ☐ 100 g walnuts chopped
- ☐ 6 tbsp soured cream
- ☐ 2 tbsp cider vinegar

Equipment

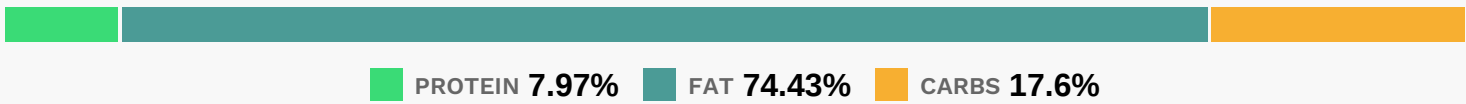
- ☐ bowl

☐ peeler

Directions

- ☐ Make the dressing by combining the soured cream and vinegar with some seasoning.
- ☐ Get a large bowl of iced water ready. Break the celery down into sticks and set aside any of the tender leaves from the middle. Using a swivel blade peeler, peel each stick of celery, discarding the first stringy layer. Continue to make strings or ribbons and tip these into the iced water until needed.
- ☐ Cut the apple into thin slices, discarding the core, then cut the slices into thin matchsticks.
- ☐ Drain the celery and toss in a large bowl with the dressing, apple and most of the cheese and walnuts.
- ☐ Spread the salad onto a platter and scatter with the remaining walnuts, blue cheese and celery leaves.

Nutrition Facts



Properties

Glycemic Index:25.17, Glycemic Load:1.4, Inflammation Score:-3, Nutrition Score:5.1343478144187%

Flavonoids

Cyanidin: 0.93mg, Cyanidin: 0.93mg, Cyanidin: 0.93mg, Cyanidin: 0.93mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 156.39kcal (7.82%), Fat: 13.74g (21.13%), Saturated Fat: 2.56g (15.98%), Carbohydrates: 7.31g (2.44%), Net Carbohydrates: 5.36g (1.95%), Sugar: 4.12g (4.57%), Cholesterol: 8.33mg (2.78%), Sodium: 29.1mg (1.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.31g (6.62%), Manganese: 0.6mg (30.02%), Copper: 0.28mg (13.94%), Phosphorus: 78.57mg (7.86%), Fiber: 1.95g (7.81%), Magnesium: 30.42mg (7.6%), Vitamin B6: 0.11mg (5.73%), Folate: 20.96µg (5.24%), Vitamin B1: 0.07mg (4.42%), Calcium: 42.09mg (4.21%), Potassium: 146.18mg (4.18%), Zinc:

0.62mg (4.14%), Vitamin B2: 0.06mg (3.72%), Vitamin K: 3.29µg (3.13%), Iron: 0.56mg (3.1%), Vitamin A: 137.12IU (2.74%), Vitamin C: 1.93mg (2.34%), Selenium: 1.53µg (2.19%), Vitamin B5: 0.2mg (1.99%), Vitamin E: 0.24mg (1.59%), Vitamin B3: 0.26mg (1.32%)