



Celery Victor

 **Gluten Free**  **Dairy Free**

READY IN



210 min.

SERVINGS



8

CALORIES



187 kcal

SIDE DISH

Ingredients

- 2 fillet anchovy
- 8 servings pepper black freshly ground
- 4.5 pounds celery
- 3 tablespoons tarragon fresh coarsely chopped
- 0.3 cup grapeseed oil
- 8 servings kosher salt
- 1 quart chicken broth low-sodium homemade
- 0.3 cup olive oil extra virgin extra-virgin

- 4 parsley fresh italian
- 0.3 cup citrus champagne vinegar
- 0.3 medium onion yellow thinly sliced

Equipment

- bowl
- frying pan
- paper towels
- blender
- dutch oven
- peeler

Directions

- Remove and separate the outer stalks from the tender smaller inner stalks. Wash the outer stalks and, using a vegetable peeler, peel and discard the outer stringy layer from each stalk. Trim and cut the stalks on the bias into 6-inch lengths; set aside.
- Remove the leaves from the tender inner stalks (you should have about 3/4 cup). Reserve the inner stalks for another use. Rinse the leaves, place in a small bowl, cover with a damp piece of paper towel, and refrigerate until ready to serve.
- Place the chicken broth, onion, parsley, tarragon, and salt in a large straight-sided frying pan or Dutch oven, season with pepper, and bring to a boil over high heat.
- Add the celery in 2 flat layers and bring to a simmer (the liquid should just cover the celery). Reduce the heat to medium low and simmer until the celery is just tender, about 15 to 20 minutes.
- Place the anchovies and vinegar in a blender and season with salt and pepper. Turn the blender on high, remove the small cap from the blender lid, and slowly pour in the oils.
- Add the tarragon and blend until combined. Taste and season with additional salt and pepper as needed; set aside until ready to serve. To assemble: Evenly divide the chilled celery stalks among 6 to 8 plates.
- Drizzle each plate with 1 to 1 1/2 tablespoons of the dressing and garnish with the reserved celery leaves.

Nutrition Facts

PROTEIN 10.11% FAT 68.12% CARBS 21.77%

Properties

Glycemic Index:30.88, Glycemic Load:1.99, Inflammation Score:-8, Nutrition Score:15.229130454685%

Flavonoids

Apigenin: 8.36mg, Apigenin: 8.36mg, Apigenin: 8.36mg, Apigenin: 8.36mg Luteolin: 2.69mg, Luteolin: 2.69mg, Luteolin: 2.69mg, Luteolin: 2.69mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg

Nutrients (% of daily need)

Calories: 186.82kcal (9.34%), Fat: 14.96g (23.01%), Saturated Fat: 1.97g (12.31%), Carbohydrates: 10.75g (3.58%), Net Carbohydrates: 6.38g (2.32%), Sugar: 3.72g (4.14%), Cholesterol: 0.6mg (0.2%), Sodium: 437.23mg (19.01%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 4.99g (9.99%), Vitamin K: 87.2µg (83.05%), Vitamin A: 1299.09IU (25.98%), Folate: 100.57µg (25.14%), Manganese: 0.49mg (24.73%), Potassium: 860.35mg (24.58%), Vitamin E: 3.63mg (24.23%), Fiber: 4.38g (17.51%), Vitamin B3: 2.82mg (14.12%), Calcium: 140.72mg (14.07%), Vitamin B6: 0.27mg (13.51%), Vitamin B2: 0.22mg (12.95%), Vitamin C: 10.18mg (12.34%), Phosphorus: 108.72mg (10.87%), Magnesium: 39.84mg (9.96%), Iron: 1.76mg (9.78%), Copper: 0.17mg (8.69%), Vitamin B5: 0.64mg (6.42%), Vitamin B1: 0.06mg (4.19%), Zinc: 0.58mg (3.9%), Selenium: 1.52µg (2.18%), Vitamin B12: 0.12µg (2.07%)