



Celery with Bacon, Brandy and Tomatoes



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



205 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 ounces thickly bacon sliced cut into 1-inch pieces
- ☐ 3 tablespoons brandy
- ☐ 2 pound celery peeled cut into 2-inch lengths on the diagonal, leaves reserved
- ☐ 1 cup tomatoes italian canned peeled drained chopped
- ☐ 6 servings pepper freshly ground
- ☐ 6 servings salt
- ☐ 0.3 cup vegetable oil

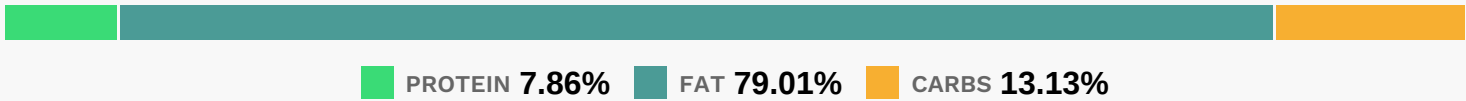
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a medium skillet, heat the oil until shimmering.
- ☐ Add the celery leaves and fry over moderate heat until crisp, about 2 minutes.
- ☐ Transfer the leaves to a plate and sprinkle with salt.
- ☐ In a large enameled cast-iron casserole, cook the bacon over low heat, stirring a few times, until the fat has rendered, about 6 minutes.
- ☐ Add the celery and stir to coat it with the bacon fat.
- ☐ Add the tomatoes and brandy, cover and cook until the celery is barely tender, about 10 minutes. Uncover and cook until the sauce thickens slightly, about 3 minutes. Season the celery with salt and pepper and transfer to a serving bowl. Top with the fried celery leaves and serve.

Nutrition Facts



Properties

Glycemic Index:19.5, Glycemic Load:1.08, Inflammation Score:-7, Nutrition Score:9.9947826603185%

Flavonoids

Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 204.95kcal (10.25%), Fat: 16.92g (26.04%), Saturated Fat: 3.97g (24.84%), Carbohydrates: 6.33g (2.11%), Net Carbohydrates: 3.41g (1.24%), Sugar: 3.06g (3.4%), Cholesterol: 12.47mg (4.16%), Sodium: 441.93mg (19.21%), Alcohol: 2.51g (100%), Alcohol %: 1.4% (100%), Protein: 3.79g (7.57%), Vitamin K: 64.28µg (61.22%), Vitamin A: 1014.88IU (20.3%), Folate: 60.36µg (15.09%), Potassium: 525.51mg (15.01%), Vitamin C: 10.09mg (12.23%), Fiber: 2.92g (11.67%), Manganese: 0.22mg (10.87%), Vitamin B6: 0.19mg (9.7%), Vitamin E: 1.45mg (9.64%), Vitamin B3: 1.48mg (7.4%), Phosphorus: 73.42mg (7.34%), Vitamin B1: 0.1mg (6.6%), Calcium: 65.93mg (6.59%), Vitamin B2:

0.11mg (6.44%), Selenium: 4.41µg (6.3%), Magnesium: 23.41mg (5.85%), Vitamin B5: 0.51mg (5.13%), Copper:
0.09mg (4.36%), Zinc: 0.49mg (3.28%), Iron: 0.5mg (2.79%), Vitamin B12: 0.09µg (1.57%)