



Coconut Celery

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

45 min.

SERVINGS

servings

1

CALORIES

calories

141 kcal

SIDE DISH

Ingredients

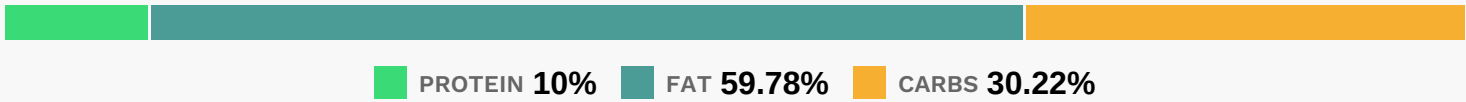
- ☐ 1 tablespoon almond butter
- ☐ 3 rib celery
- ☐ 2 teaspoons coconut or shredded
- ☐ 2 teaspoons blueberries dried

Equipment

Directions

Fill celery ribs with peanut or almond butter; sprinkle with coconut and blueberries.

Nutrition Facts



Properties

Glycemic Index:42, Glycemic Load:0.03, Inflammation Score:-2, Nutrition Score:5.3756521823614%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 140.74kcal (7.04%), Fat: 9.81g (15.08%), Saturated Fat: 1.26g (7.87%), Carbohydrates: 11.15g (3.72%), Net Carbohydrates: 8.03g (2.92%), Sugar: 6.12g (6.8%), Cholesterol: 0mg (0%), Sodium: 6.42mg (0.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.69g (7.38%), Vitamin E: 3.89mg (25.91%), Manganese: 0.37mg (18.7%), Fiber: 3.13g (12.5%), Magnesium: 45.61mg (11.4%), Vitamin B2: 0.15mg (8.96%), Phosphorus: 84.26mg (8.43%), Copper: 0.16mg (7.96%), Calcium: 62mg (6.2%), Potassium: 209.6mg (5.99%), Iron: 0.79mg (4.41%), Zinc: 0.55mg (3.68%), Vitamin B3: 0.53mg (2.63%), Folate: 10.08µg (2.52%)