

Cold Spicy Celery



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



1500 min.

SERVINGS



8

CALORIES



18 kcal

SIDE DISH

Ingredients

- ☐ 2 bunches celery organic (preferably)
- ☐ 0.5 teaspoon to-ban-jan
- ☐ 2 teaspoons kosher salt
- ☐ 1.5 teaspoons juice of lemon fresh
- ☐ 1 tablespoon vegetable oil; peanut oil preferred toasted
- ☐ 8 servings pepper to taste

Equipment

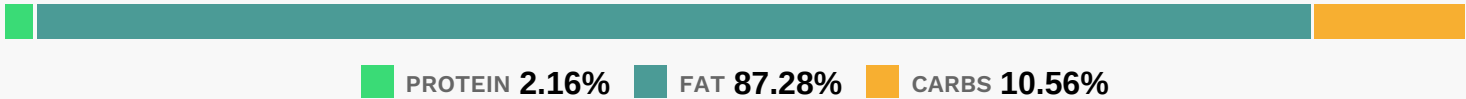
- ☐ bowl

☐ colander

Directions

- ☐ Remove darker green ribs from outside of celery bunches and reserve for another use. Slice inner pale green ribs (about 16 to 18, including tiny center ones) diagonally 1/2 inch thick (aim for about 7 cups). Toss with kosher salt and let drain in a colander set over a bowl, chilled, at least 1 hour.
- ☐ Just before serving, pat celery dry and toss with lemon juice, chile flakes, and 1/8 teaspoon black pepper.
- ☐ Drizzle with peanut oil and season with salt and sansho pepper.
- ☐ Serve chilled, lightly sprinkled with sansho pepper.
- ☐ Salted celery can be chilled in colander up to 1 day.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:0.68565216563318%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 17.68kcal (0.88%), Fat: 1.79g (2.75%), Saturated Fat: 0.3g (1.9%), Carbohydrates: 0.49g (0.16%), Net Carbohydrates: 0.26g (0.09%), Sugar: 0.17g (0.19%), Cholesterol: 0mg (0%), Sodium: 591.45mg (25.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.1g (0.2%), Vitamin K: 3.24µg (3.08%), Vitamin E: 0.35mg (2.35%), Vitamin A: 82.57IU (1.65%), Manganese: 0.03mg (1.34%)