



## Crunchy Celery and Romaine Heart Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



40 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 cup celery stalks coarsely chopped (inner leafy stalks)
- 0.5 cup hearts of palm sliced
- 1 medium persian cucumber english seeded cut into large dice ( 1 1/2 cups)

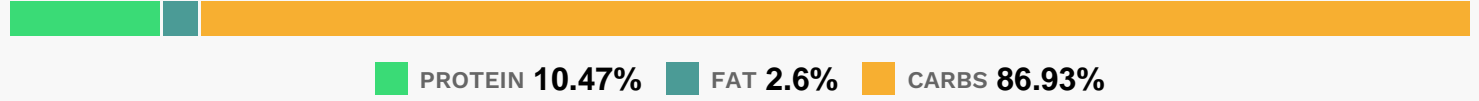
### Equipment

- bowl

### Directions

- Toss together romaine hearts, cucumber, celery hearts, and hearts of palm in a large bowl.
- Drizzle dressing over salad and toss to combine. Taste and adjust seasoning as desired.
- Serve immediately.

## Nutrition Facts



### Properties

Glycemic Index:8, Glycemic Load:0.11, Inflammation Score:-2, Nutrition Score:4.2526086361512%

### Flavonoids

Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

### Nutrients (% of daily need)

Calories: 39.64kcal (1.98%), Fat: 0.12g (0.18%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 8.83g (2.94%), Net Carbohydrates: 7.91g (2.88%), Sugar: 5.65g (6.27%), Cholesterol: 0mg (0%), Sodium: 24.62mg (1.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.06g (2.13%), Potassium: 620.33mg (17.72%), Vitamin B6: 0.26mg (13.19%), Copper: 0.2mg (10.25%), Vitamin K: 9.69µg (9.23%), Zinc: 1.16mg (7.76%), Phosphorus: 50.82mg (5.08%), Vitamin C: 3.54mg (4.29%), Folate: 17.17µg (4.29%), Vitamin B2: 0.07mg (4.25%), Fiber: 0.92g (3.67%), Iron: 0.59mg (3.27%), Vitamin A: 148.18IU (2.96%), Magnesium: 7.55mg (1.89%), Manganese: 0.04mg (1.85%), Vitamin B3: 0.36mg (1.8%), Calcium: 17.66mg (1.77%), Vitamin B1: 0.02mg (1.59%), Vitamin E: 0.22mg (1.47%)