



Fennel and Celery Salad with Pumpkin Seeds

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



148 kcal

SIDE DISH

Ingredients

- ☐ 3 slices celery stalks paper-thin
- ☐ 1 small fennel bulb paper-thin trimmed halved sliced
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 tablespoons olive oil
- ☐ 1.5 ounces parmesan cheese shavings
- ☐ 0.5 cup parsley leaves fresh italian
- ☐ 0.3 cup pumpkin seeds salted toasted (pepitas)

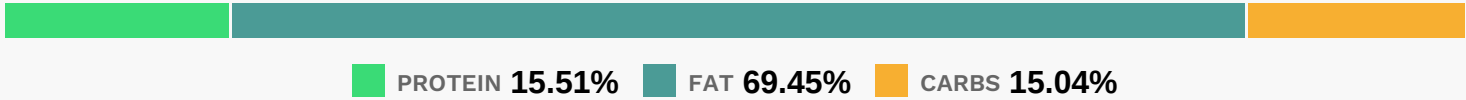
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine celery, fennel, parsley, andpumpkin seeds in large bowl.
- ☐ Whisk oil andlemon juice in small bowl. Season with saltand pepper; toss with vegetables. Toss inmost of cheese; top with remaining cheese.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:36.5, Glycemic Load:1.29, Inflammation Score:-7, Nutrition Score:11.898260789073%

Flavonoids

Eriodictyol: 0.81mg, Eriodictyol: 0.81mg, Eriodictyol: 0.81mg, Eriodictyol: 0.81mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 16.19mg, Apigenin: 16.19mg, Apigenin: 16.19mg, Apigenin: 16.19mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 147.68kcal (7.38%), Fat: 11.89g (18.3%), Saturated Fat: 3.12g (19.51%), Carbohydrates: 5.8g (1.93%), Net Carbohydrates: 3.47g (1.26%), Sugar: 2.61g (2.9%), Cholesterol: 7.23mg (2.41%), Sodium: 205.99mg (8.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.98g (11.95%), Vitamin K: 164.64µg (156.8%), Vitamin C: 18.55mg (22.48%), Calcium: 167.32mg (16.73%), Vitamin A: 797.45IU (15.95%), Phosphorus: 157.18mg (15.72%), Manganese: 0.31mg (15.44%), Magnesium: 42.36mg (10.59%), Vitamin E: 1.52mg (10.15%), Potassium: 331.76mg (9.48%), Fiber: 2.32g (9.3%), Folate: 31.28µg (7.82%), Iron: 1.38mg (7.64%), Copper: 0.11mg (5.39%), Zinc: 0.8mg (5.37%), Selenium: 3.19µg (4.56%), Vitamin B2: 0.07mg (4.03%), Vitamin B3: 0.71mg (3.53%), Vitamin B6: 0.05mg (2.6%), Vitamin B5: 0.25mg (2.51%), Vitamin B12: 0.13µg (2.13%), Vitamin B1: 0.03mg (1.89%)