



Fennel and Celery Slaw

 Vegetarian  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



406 kcal

SIDE DISH

Ingredients

- 4 ribs celery and leafy tops very thinly sliced
- 0.3 cup evoo
- 2 medium bulbs fennel very thinly sliced chopped plus a handful of fronds,
- 2 tablespoons honey
- 1 juice of lemon
- 4 servings kosher salt and pepper freshly ground
- 1 cup parsley tops coarsely chopped
- 1 tablespoon shallots grated

- 4 servings walnuts toasted chopped
- 2 tablespoons balsamic vinegar white

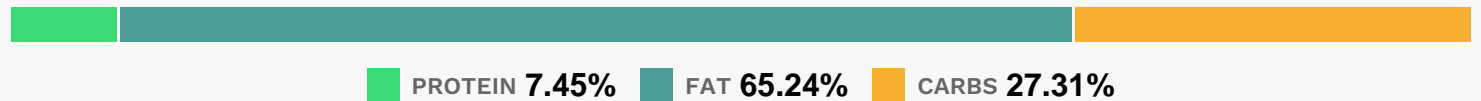
Equipment

- whisk

Directions

- Combine the honey, vinegar and shallot with the lemon juice and whisk in the EVOO.
- Add the parsley, celery and fennel and toss to coat and combine. Season with salt and pepper. Arrange on a platter and top with the toasted nuts.

Nutrition Facts



Properties

Glycemic Index:64.82, Glycemic Load:8.69, Inflammation Score:-9, Nutrition Score:21.65130449378%

Flavonoids

Cyanidin: 2.05mg, Cyanidin: 2.05mg, Cyanidin: 2.05mg, Cyanidin: 2.05mg Catechin: 1mg, Catechin: 1mg, Catechin: 1mg, Catechin: 1mg Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Eriodictyol: 1.63mg, Eriodictyol: 1.63mg, Eriodictyol: 1.63mg, Eriodictyol: 1.63mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 33.48mg, Apigenin: 33.48mg, Apigenin: 33.48mg, Apigenin: 33.48mg Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 2.23mg, Myricetin: 2.23mg, Myricetin: 2.23mg, Myricetin: 2.23mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 406.16kcal (20.31%), Fat: 31.15g (47.92%), Saturated Fat: 4.18g (26.16%), Carbohydrates: 29.33g (9.78%), Net Carbohydrates: 21.56g (7.84%), Sugar: 17.61g (19.57%), Cholesterol: 0mg (0%), Sodium: 298.3mg (12.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.01g (16.01%), Vitamin K: 342.05µg (325.76%), Vitamin C: 39.95mg (48.43%), Vitamin A: 1716.73IU (34.33%), Manganese: 0.65mg (32.61%), Fiber: 7.77g (31.08%), Vitamin B6: 0.59mg (29.43%), Potassium: 989.19mg (28.26%), Vitamin E: 4.15mg (27.65%), Copper: 0.49mg (24.35%), Phosphorus: 218.04mg (21.8%), Folate: 85.63µg (21.41%), Vitamin B1: 0.28mg (18.66%), Iron: 3.2mg (17.79%),

Magnesium: 67.82mg (16.95%), Calcium: 127.89mg (12.79%), Vitamin B2: 0.13mg (7.37%), Zinc: 1.11mg (7.37%),
Vitamin B3: 1.46mg (7.31%), Vitamin B5: 0.6mg (6%), Selenium: 3.08µg (4.39%)