



WHATSheATE



Fennel and Celery Slaw Salad



Vegetarian



Vegan

READY IN



10 min.

SERVINGS



6

CALORIES



138 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



4 ribs celery from the heart thinly sliced



1 bulb fennel trimmed



10 leaves basil fresh thinly sliced



0.3 cup olive oil extra-virgin



6 servings salt and pepper black freshly ground



0.5 pound slaw salad mix shredded



2 teaspoons sugar



3 tablespoons citrus champagne vinegar

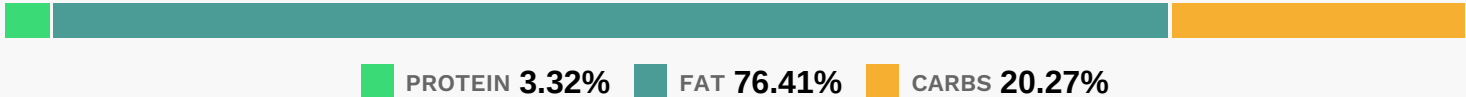
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Mix vinegar and sugar in the bottom of a bowl and whisk in oil.
- ☐ Add slaw to bowl. Chop fennel fronds and add to cabbage. Quarter the fennel bulb, cut away the core and thinly slice, add to cabbage.
- ☐ Add the celery and basil to the salad, toss to combine, season liberally with salt and pepper, to your taste.

Nutrition Facts



Properties

Glycemic Index:48.85, Glycemic Load:2.35, Inflammation Score:-4, Nutrition Score:7.9473912301271%

Flavonoids

Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg Apigenin: 0.8mg, Apigenin: 0.8mg, Apigenin: 0.8mg, Apigenin: 0.8mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 138.35kcal (6.92%), Fat: 12.17g (18.73%), Saturated Fat: 1.72g (10.73%), Carbohydrates: 7.27g (2.42%), Net Carbohydrates: 4.65g (1.69%), Sugar: 4.43g (4.93%), Cholesterol: 0mg (0%), Sodium: 49.32mg (2.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.19g (2.38%), Vitamin K: 71.88µg (68.46%), Vitamin C: 19.53mg (23.67%), Vitamin E: 2.09mg (13.94%), Fiber: 2.62g (10.48%), Manganese: 0.19mg (9.41%), Folate: 36.97µg (9.24%), Potassium: 301.91mg (8.63%), Vitamin A: 253.54IU (5.07%), Calcium: 47.4mg (4.74%), Vitamin B6: 0.09mg (4.33%), Magnesium: 15.1mg (3.78%), Phosphorus: 36.95mg (3.7%), Iron: 0.65mg (3.63%), Vitamin B2: 0.04mg (2.58%), Vitamin B5: 0.24mg (2.39%), Copper: 0.05mg (2.38%), Vitamin B1: 0.03mg (2.2%), Vitamin B3: 0.43mg (2.16%), Zinc: 0.19mg (1.27%)