



Fennel, Parsley, and Celery Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



8

CALORIES



29 kcal

SIDE DISH

Ingredients

- 3 celery stalks with leaves attached, plus additional leaves from the celery bunch
- 2 medium fennel bulb with fennel fronds reserved for garnish cored very thinly sliced lengthwise
- 0.3 cup olives black pitted halved
- 1 cup flat parsley italian coarsely chopped
- 0.5 simple preserved lemons very thinly sliced

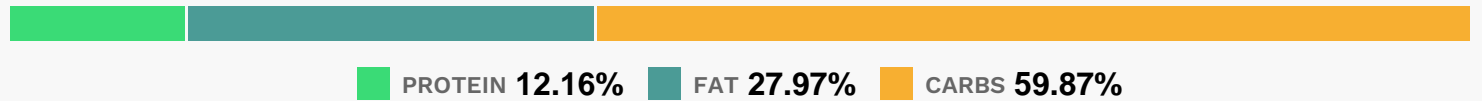
Equipment

- bowl

Directions

- Trim leaves from celery stalks and coarsely chop them; set aside. Thinly slice celery stalks on the bias.
- Combine celery, celery leaves, fennel, parsley, olives, and lemon rind in a large bowl.
- Add vinaigrette and toss to coat. Season well with salt and freshly ground black pepper. Mound salad onto a serving platter and, if using, garnish with fennel fronds. Beverage pairing: Palliser Estate Sauvignon Blanc, New Zealand. The Martinborough region of New Zealand, where this wine comes from, is known primarily for its Pinot Noir. But the Sauvignon Blancs from here are excellent, and this one provides both crispness and beautifully dry flavors of herbs, apricots, and tropical fruits, which make it a lively partner for the crunchy, herbal salad.

Nutrition Facts



Properties

Glycemic Index:13.63, Glycemic Load:1.18, Inflammation Score:-6, Nutrition Score:8.694782619891%

Flavonoids

Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Apigenin: 16.2mg, Apigenin: 16.2mg, Apigenin: 16.2mg, Apigenin: 16.2mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 29.22kcal (1.46%), Fat: 1.04g (1.6%), Saturated Fat: 0.18g (1.11%), Carbohydrates: 5.01g (1.67%), Net Carbohydrates: 2.74g (0.99%), Sugar: 2.42g (2.68%), Cholesterol: 0mg (0%), Sodium: 123.57mg (5.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.02g (2.03%), Vitamin K: 160.26µg (152.63%), Vitamin C: 17.04mg (20.66%), Vitamin A: 739.03IU (14.78%), Fiber: 2.27g (9.09%), Potassium: 290mg (8.29%), Folate: 27.9µg (6.98%), Manganese: 0.13mg (6.26%), Iron: 0.92mg (5.13%), Calcium: 42.54mg (4.25%), Vitamin E: 0.61mg (4.09%), Magnesium: 14.48mg (3.62%), Phosphorus: 34.19mg (3.42%), Copper: 0.06mg (2.85%), Vitamin B3: 0.49mg (2.45%), Vitamin B6: 0.04mg (1.85%), Vitamin B5: 0.17mg (1.71%), Vitamin B2: 0.03mg (1.61%), Zinc: 0.2mg (1.34%)