



Green Apple and Celery Salad with Mustard Vinaigrette



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



109 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 4 cups celery thinly sliced 6 stalks
- ☐ 3 tablespoons dijon mustard
- ☐ 1.5 teaspoons olive oil extravirgin
- ☐ 0.3 cup flat-leaf parsley leaves fresh
- ☐ 1 garlic clove minced
- ☐ 6 cups apples i use 2 granny smith apples peeled sliced 3 apples

- ☐ 2 tablespoons honey
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 0.5 teaspoon sea salt
- ☐ 3 tablespoons walnuts toasted coarsely chopped

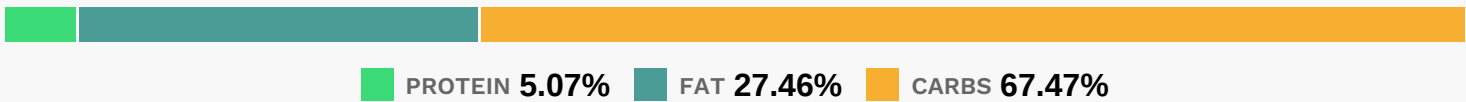
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 7 ingredients in a large bowl, stirring well with a whisk.
- ☐ Add the apple and remaining ingredients, and toss well to combine.

Nutrition Facts



Properties

Glycemic Index:32.78, Glycemic Load:6.03, Inflammation Score:-5, Nutrition Score:6.9034782077955%

Flavonoids

Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 7.06mg, Epicatechin: 7.06mg, Epicatechin: 7.06mg, Epicatechin: 7.06mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 5.48mg, Apigenin: 5.48mg, Apigenin: 5.48mg, Apigenin: 5.48mg Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 3.99mg, Quercetin: 3.99mg, Quercetin: 3.99mg, Quercetin: 3.99mg

Nutrients (% of daily need)

Calories: 108.99kcal (5.45%), Fat: 3.66g (5.63%), Saturated Fat: 0.4g (2.51%), Carbohydrates: 20.25g (6.75%), Net Carbohydrates: 16.58g (6.03%), Sugar: 15.08g (16.75%), Cholesterol: 0mg (0%), Sodium: 250.04mg (10.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.52g (3.05%), Vitamin K: 48.35µg (46.05%), Fiber: 3.66g (14.66%), Vitamin C: 10.76mg (13.05%), Manganese: 0.26mg (12.94%), Vitamin A: 440.78IU (8.82%), Potassium: 277.87mg (7.94%), Folate: 29.16µg (7.29%), Copper: 0.11mg (5.72%), Vitamin B6: 0.11mg (5.51%), Magnesium: 20.45mg (5.11%), Phosphorus: 43.9mg (4.39%), Vitamin B2: 0.07mg (3.98%), Calcium: 37.34mg (3.73%), Vitamin B1: 0.05mg (3.58%), Selenium: 2.4µg (3.43%), Vitamin E: 0.48mg (3.22%), Iron: 0.57mg (3.18%), Vitamin B5: 0.24mg (2.41%), Zinc: 0.29mg (1.97%), Vitamin B3: 0.36mg (1.8%)