



Green Apple and Celery Salad with Walnuts and Mustard Vinaigrette



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



153 kcal

SIDE DISH

Ingredients



1 large bunch celery with leaves



0.3 cup dijon mustard



2 large apples i use 2 granny smith apples cored peeled thinly sliced quartered cut into 2 wedges, then crosswise into triangle shapes



5 teaspoons honey



0.3 cup juice of lemon fresh



0.7 cup olive oil extra virgin extra-virgin



0.8 cup walnuts toasted chopped

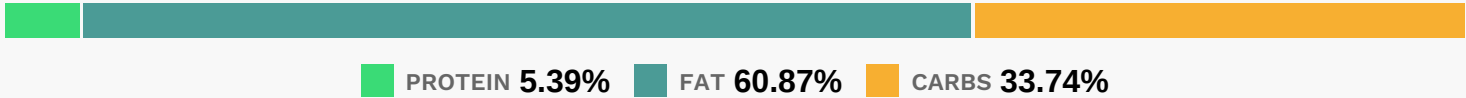
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ whisk

Directions

- ☐ Whisk first 3 ingredients in small bowl to blend. Gradually whisk in oil. Season vinaigrette with salt and pepper.
- ☐ Trim celery leaves and chop enough to measure 1 cup. Thinly slice stalks on deep diagonal.
- ☐ Place celery pieces in bowl of cold water. (Vinaigrette, celery leaves, and celery pieces can be prepared 1 day ahead. Cover separately and refrigerate.)
- ☐ Drain celery; pat dry with paper towels.
- ☐ Combine celery, celery leaves, apples, and walnuts in large bowl.
- ☐ Add vinaigrette and toss to coat. Season salad to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:21.03, Glycemic Load:4.11, Inflammation Score:-3, Nutrition Score:4.6560869113259%

Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 4.2mg, Epicatechin: 4.2mg, Epicatechin: 4.2mg, Epicatechin: 4.2mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg

0.09mg, Kaempferol: 0.09mg Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg

Nutrients (% of daily need)

Calories: 152.97kcal (7.65%), Fat: 11.14g (17.13%), Saturated Fat: 1.21g (7.56%), Carbohydrates: 13.89g (4.63%), Net Carbohydrates: 11.37g (4.13%), Sugar: 10.05g (11.16%), Cholesterol: 0mg (0%), Sodium: 90.69mg (3.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.22g (4.43%), Manganese: 0.44mg (21.8%), Fiber: 2.52g (10.08%), Copper: 0.2mg (9.99%), Vitamin C: 5.87mg (7.11%), Magnesium: 24.95mg (6.24%), Phosphorus: 54.47mg (5.45%), Vitamin K: 5.27µg (5.02%), Vitamin E: 0.75mg (4.98%), Vitamin B6: 0.1mg (4.77%), Selenium: 3.25µg (4.64%), Vitamin B1: 0.06mg (4.3%), Folate: 16.38µg (4.09%), Potassium: 142.86mg (4.08%), Iron: 0.56mg (3.14%), Zinc: 0.43mg (2.87%), Vitamin B2: 0.04mg (2.46%), Calcium: 21.75mg (2.18%), Vitamin B5: 0.15mg (1.45%), Vitamin B3: 0.25mg (1.23%), Vitamin A: 60.73IU (1.21%)