



Grilled Celery Stuffed with Blue Cheese

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



98 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black
- 2 ounces cheese blue crumbled at room temperature
- 1 bunch celery
- 0.5 teaspoon kosher salt
- 1.5 tablespoons olive oil

Equipment

- bowl
- grill

Directions

- Heat grill to medium.
- Remove the ends and any tough strings from the celery.
- Cut each celery stalk in half crosswise.
- Place the celery, oil, salt, and pepper in a large bowl; toss. Grill, turning occasionally, until slightly tender but still firm, 4 to 6 minutes total.
- Remove from heat. Top each stalk with 2 teaspoons of the blue cheese.

Nutrition Facts

PROTEIN 12.54% **FAT 84.6%** **CARBS 2.86%**

Properties

Glycemic Index:22.75, Glycemic Load:0.15, Inflammation Score:-1, Nutrition Score:2.4134782682294%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 98.16kcal (4.91%), Fat: 9.34g (14.37%), Saturated Fat: 3.38g (21.13%), Carbohydrates: 0.71g (0.24%), Net Carbohydrates: 0.52g (0.19%), Sugar: 0.21g (0.23%), Cholesterol: 10.63mg (3.54%), Sodium: 461.82mg (20.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.12g (6.23%), Calcium: 79.63mg (7.96%), Vitamin K: 6.64µg (6.32%), Phosphorus: 57.45mg (5.75%), Vitamin E: 0.82mg (5.46%), Vitamin B2: 0.06mg (3.53%), Vitamin A: 153.74IU (3.07%), Selenium: 2.1µg (3%), Vitamin B12: 0.17µg (2.88%), Vitamin B5: 0.27mg (2.71%), Zinc: 0.39mg (2.62%), Folate: 8.72µg (2.18%), Potassium: 64.06mg (1.83%), Vitamin B6: 0.03mg (1.56%), Manganese: 0.03mg (1.41%), Magnesium: 4.58mg (1.15%)