



Nutty Stuffed Celery



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



60 kcal

SIDE DISH

Ingredients

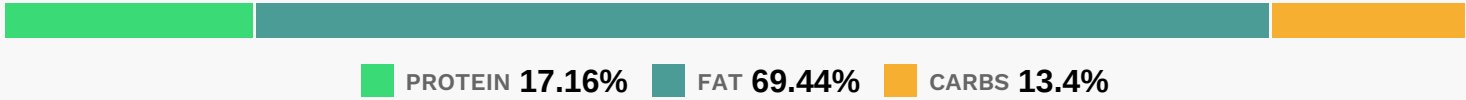
- ☐ 4 celery stalks cut into 4-inch pieces
- ☐ 0.3 teaspoon curry powder
- ☐ 1 tablespoon half-and-half
- ☐ 0.5 teaspoon onion powder
- ☐ 0.3 cup honey-roasted peanuts coarsely chopped
- ☐ 0.5 teaspoon lawry's seasoned salt

Equipment

Directions

- ☐ Stir together first 5 ingredients. Cover and chill until ready to serve.
- ☐ Spread mixture on celery pieces, and sprinkle with peanuts.

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:2.3660869634022%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 59.56kcal (2.98%), Fat: 4.93g (7.59%), Saturated Fat: 0.96g (5.99%), Carbohydrates: 2.14g (0.71%), Net Carbohydrates: 1.19g (0.43%), Sugar: 0.23g (0.25%), Cholesterol: 1.31mg (0.44%), Sodium: 335.93mg (14.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.74g (5.49%), Manganese: 0.23mg (11.42%), Vitamin B3: 1.38mg (6.92%), Magnesium: 16.75mg (4.19%), Phosphorus: 41.08mg (4.11%), Fiber: 0.96g (3.82%), Folate: 13.4µg (3.35%), Copper: 0.06mg (3.24%), Potassium: 90.61mg (2.59%), Vitamin B1: 0.03mg (2.16%), Calcium: 16.48mg (1.65%), Vitamin B6: 0.03mg (1.57%), Vitamin B5: 0.15mg (1.5%), Iron: 0.27mg (1.48%), Zinc: 0.22mg (1.46%), Vitamin K: 1.36µg (1.29%), Selenium: 0.88µg (1.25%), Vitamin B2: 0.02mg (1.05%)