



Parsley, Celery Leaf, and Jicama Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



35 min.

SERVINGS



6

CALORIES



127 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups celery leaves (from 2 bunches)
- ☐ 3 cups flat parsley (from 2 bunches)
- ☐ 0.8 pound jicama peeled cut into thin matchsticks
- ☐ 0.8 teaspoon kosher salt
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 3 tablespoons olive oil
- ☐ 1.5 cups radish sprouts (from a 3-ounces package)
- ☐ 1.5 tablespoons rice vinegar (not seasoned)

- ☐ 6 spring onion thinly sliced
- ☐ 1.5 tablespoons sugar

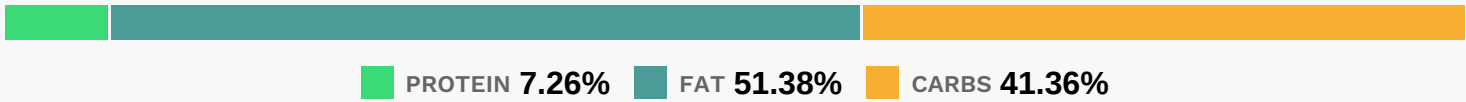
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together lemon juice, vinegar, sugar, and kosher salt in a large bowl until sugar and salt have dissolved, then whisk in oil until well blended.
- ☐ Add jicama, parsley and celery leaves, scallions, and sprouts and toss to coat.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:38.52, Glycemic Load:3.25, Inflammation Score:-10, Nutrition Score:17.364347768866%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 66.89mg, Apigenin: 66.89mg, Apigenin: 66.89mg, Apigenin: 66.89mg Luteolin: 1.16mg, Luteolin: 1.16mg, Luteolin: 1.16mg, Luteolin: 1.16mg Kaempferol: 2.86mg, Kaempferol: 2.86mg, Kaempferol: 2.86mg, Kaempferol: 2.86mg Myricetin: 4.45mg, Myricetin: 4.45mg, Myricetin: 4.45mg, Myricetin: 4.45mg Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg

Nutrients (% of daily need)

Calories: 127.11kcal (6.36%), Fat: 7.71g (11.87%), Saturated Fat: 1.13g (7.06%), Carbohydrates: 13.97g (4.66%), Net Carbohydrates: 8.61g (3.13%), Sugar: 5.8g (6.44%), Cholesterol: 0mg (0%), Sodium: 375.66mg (16.33%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 2.45g (4.9%), Vitamin K: 544.33µg (518.41%), Vitamin C: 61.7mg (74.79%), Vitamin A: 3050.44IU (61.01%), Folate: 99µg (24.75%), Fiber: 5.36g (21.46%), Iron: 2.67mg (14.82%), Potassium: 505.58mg (14.45%), Vitamin E: 1.78mg (11.89%), Manganese: 0.21mg (10.56%), Calcium: 94.2mg (9.42%), Magnesium: 37.56mg (9.39%), Vitamin B6: 0.15mg (7.35%), Vitamin B2: 0.11mg (6.58%), Phosphorus: 62.47mg (6.25%), Copper: 0.12mg (6.14%), Vitamin B3: 1.1mg (5.5%), Vitamin B1: 0.07mg (4.79%), Vitamin B5: 0.48mg

(4.79%), Zinc: 0.62mg (4.13%), Selenium: 0.92µg (1.31%)