



Raw Artichoke Salad, Celery, and Parmesan

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



139 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 pound baby artichokes trimmed
- ☐ 6 servings pepper black freshly ground
- ☐ 1 cup celery thinly sliced
- ☐ 3 tablespoons flat-leaf parsley fresh chopped
- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 6 servings kosher salt
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 3 tablespoons olive oil extra-virgin

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2 ounces parmesan shaved

Equipment

☐

bowl

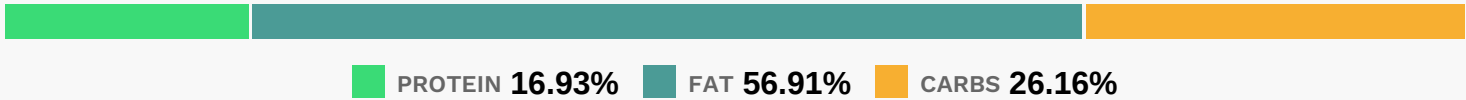
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whisk

Directions

- ☐ Whisk oil and juice in a medium bowl. Season dressing with salt and pepper. Working with 1 artichoke at a time, break off outer leaves until only pale-green ones remain.
- ☐ Cut 1/2" off the top; trim dark green parts around stem and heart. Slice lengthwise very thinly and toss in dressing. Repeat with remaining artichokes.
- ☐ Mix in celery and remaining ingredients. Season with salt and pepper.
- ☐ Transfer to a platter and top with cheese.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:0.19, Inflammation Score:-6, Nutrition Score:6.7247825420421%

Flavonoids

Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg Hesperetin: 1.25mg, Hesperetin: 1.25mg, Hesperetin: 1.25mg, Hesperetin: 1.25mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 4.89mg, Apigenin: 4.89mg, Apigenin: 4.89mg, Apigenin: 4.89mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 138.78kcal (6.94%), Fat: 9.52g (14.65%), Saturated Fat: 2.53g (15.84%), Carbohydrates: 9.85g (3.28%), Net Carbohydrates: 5.25g (1.91%), Sugar: 1.87g (2.08%), Cholesterol: 6.43mg (2.14%), Sodium: 455.01mg (19.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.37g (12.75%), Vitamin K: 42.27µg (40.26%), Vitamin A: 1064.76IU (21.3%), Fiber: 4.6g (18.4%), Calcium: 152.97mg (15.3%), Vitamin C: 8.13mg (9.85%), Iron: 1.59mg (8.81%), Vitamin E: 1.1mg (7.34%), Phosphorus: 72.76mg (7.28%), Folate: 13.18µg (3.29%), Selenium: 2.21µg (3.15%), Vitamin B2: 0.05mg (2.86%), Manganese: 0.06mg (2.81%), Potassium: 82.19mg (2.35%), Magnesium: 8.97mg (2.24%), Zinc:

0.33mg (2.18%), Vitamin B12: 0.11µg (1.89%), Vitamin B6: 0.03mg (1.44%), Vitamin B5: 0.11mg (1.09%)