



WHATSheATE



Sardine and Celery Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



374 kcal

SIDE DISH

Ingredients

- ☐ 17.5 ounce sardines drained coarsely chopped in oil canned
- ☐ 4 large celery ribs peeled cut into 1-inch matchsticks
- ☐ 0.3 cup cilantro leaves coarsely chopped
- ☐ 2 tablespoons dijon mustard
- ☐ 2 tablespoons grainy mustard
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 teaspoon lemon zest finely grated
- ☐ 3 tablespoons olive oil extra-virgin

- ☐ 1 small onion red thinly sliced
- ☐ 4 servings salt and pepper freshly ground

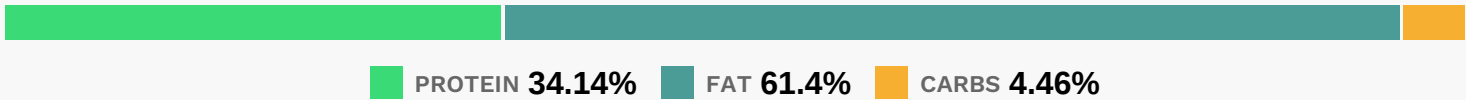
Equipment

- ☐ bowl

Directions

- ☐ In a large bowl, mix the cilantro with the olive oil, grainy and Dijon mustards, red onion and the lemon juice and zest. Fold in the sardines and celery and season with salt and pepper. Chill and serve or pack in a plastic container.
- ☐ Serve With: Rye crackers.
- ☐ Notes: One Serving: 317 calories, 2 gm total fat, 9 gm saturated fat, 5 gm carb.

Nutrition Facts



Properties

Glycemic Index:38.75, Glycemic Load:0.64, Inflammation Score:-5, Nutrition Score:25.631739139557%

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: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.15mg, Quercetin: 6.15mg, Quercetin: 6.15mg, Quercetin: 6.15mg

Nutrients (% of daily need)

Calories: 373.63kcal (18.68%), Fat: 25.21g (38.78%), Saturated Fat: 3.4g (21.26%), Carbohydrates: 4.12g (1.37%), Net Carbohydrates: 2.84g (1.03%), Sugar: 1.65g (1.83%), Cholesterol: 176.12mg (58.71%), Sodium: 744.63mg (32.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.53g (63.07%), Vitamin B12: 11.09µg (184.8%), Selenium: 70.64µg (100.91%), Phosphorus: 634.02mg (63.4%), Calcium: 493.18mg (49.32%), Vitamin D: 5.95µg (39.69%), Vitamin B3: 6.65mg (33.24%), Vitamin E: 4.15mg (27.66%), Iron: 4.01mg (22.3%), Vitamin B2: 0.3mg (17.9%), Potassium: 579.33mg (16.55%), Magnesium: 59.55mg (14.89%), Vitamin K: 14.15µg (13.48%), Vitamin B6: 0.26mg

(12.96%), Copper: 0.26mg (12.9%), Manganese: 0.24mg (12.09%), Zinc: 1.78mg (11.89%), Vitamin B1: 0.14mg (9.59%), Vitamin B5: 0.9mg (9.02%), Vitamin C: 6.04mg (7.32%), Folate: 22.3µg (5.58%), Fiber: 1.28g (5.12%), Vitamin A: 231.29IU (4.63%)