



WHATSheATE



Spinach and Celery Salad with Lemon Vinaigrette



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



211 kcal

SIDE DISH

Ingredients

- ☐ 10 cups baby spinach leaves loosely packed
- ☐ 4 large celery stalks very thinly sliced
- ☐ 3 tablespoons regular lemon juice fresh
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 6 servings asiago-pepper frico

Equipment

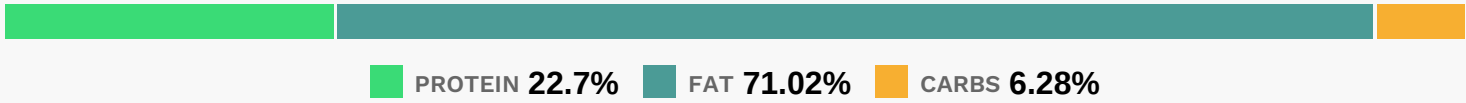
- ☐ bowl

☐ mandoline

Directions

- ☐ Combine celery and spinach in large bowl.
- ☐ Drizzle olive oil and lemon juice over; sprinkle generously with salt and pepper and toss to coat. Divide among 6 plates. Top each with 2 Asiago–Pepper Frico.
- ☐ A mandoline, V–slicer, or other flat slicer–type tool with a sharp blade makes easy work of slicing the celery stalks thinly. Find one at surlatable.com.

Nutrition Facts



Properties

Glycemic Index:15.17, Glycemic Load:0.5, Inflammation Score:-10, Nutrition Score:19.059565041376%

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: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 3.2mg, Kaempferol: 3.2mg, Kaempferol: 3.2mg, Kaempferol: 3.2mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg

Nutrients (% of daily need)

Calories: 210.68kcal (10.53%), Fat: 16.97g (26.1%), Saturated Fat: 6.2g (38.75%), Carbohydrates: 3.38g (1.13%), Net Carbohydrates: 2.21g (0.8%), Sugar: 0.67g (0.75%), Cholesterol: 20.4mg (6.8%), Sodium: 522.49mg (22.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.2g (24.4%), Vitamin K: 248.21µg (236.39%), Vitamin A: 4935.22IU (98.7%), Calcium: 406.31mg (40.63%), Folate: 101.56µg (25.39%), Phosphorus: 233.94mg (23.39%), Manganese: 0.46mg (22.91%), Vitamin C: 17.04mg (20.65%), Vitamin E: 2.4mg (15.97%), Magnesium: 53.44mg (13.36%), Vitamin B2: 0.2mg (11.57%), Selenium: 7.27µg (10.38%), Iron: 1.66mg (9.24%), Potassium: 321.35mg (9.18%), Zinc: 1.1mg (7.31%), Vitamin B6: 0.13mg (6.51%), Vitamin B12: 0.36µg (6%), Fiber: 1.17g (4.66%), Copper: 0.08mg (3.84%), Vitamin B1: 0.05mg (3.54%), Vitamin B3: 0.46mg (2.29%), Vitamin B5: 0.18mg (1.85%)