

# Braised Celery

*Longfellow's Wayside Inn - Sudbury, MA*  
*The Great Country Inns of America Cookbook (2nd ed) (1992)*

## Servings: 4

*12 ounces celery hearts*  
*3 tablespoons butter or margarine*  
*2 tablespoons flour*  
*2 cups chicken stock (hot)*  
*1/4 teaspoon celery seeds*  
*salt (to taste)*  
*freshly ground pepper (to taste)*

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Cut the celery on a slight diagonal, about 1/4-inch thick.

In a two-quart saucepan, melt the butter. Add the sliced celery. Cook slowly for 10 minutes, stirring with a wooden spoon occasionally to prevent burning and to ensure even cooking.

Sprinkle flour over the cooking celery. Stir to blend the flour and butter. Add the hot chicken stock and stir until the ingredients have blended together for 3 to 5 minutes. Stir in the celery seeds.

Cover and cook slowly for about 20 to 25 minutes or until the celery is tender. Stir occasionally while cooking.

Season with salt and pepper to taste.

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Per Serving (excluding unknown items): 91 Calories; 9g Fat (84.6% calories from fat); 1g Protein; 3g Carbohydrate; trace Dietary Fiber; 23mg Cholesterol; 88mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 1/2 Fat.

Side Dishes

## Per Serving Nutritional Analysis

Calories (kcal):	91	Vitamin B6 (mg):	trace
% Calories from Fat:	84.6%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	13.2%	Thiamin B1 (mg):	trace
% Calories from Protein:	2.2%	Riboflavin B2 (mg):	trace
Total Fat (g):	9g	Folacin (mcg):	1mcg

**Saturated Fat (g):** 5g  
**Monounsaturated Fat (g):** 3g  
**Polyunsaturated Fat (g):** trace  
**Cholesterol (mg):** 23mg  
**Carbohydrate (g):** 3g  
**Dietary Fiber (g):** trace  
**Protein (g):** 1g  
**Sodium (mg):** 88mg  
**Potassium (mg):** 9mg  
**Calcium (mg):** 6mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** trace  
**Vitamin A (i.u.):** 325IU  
**Vitamin A (r.e.):** 80 1/2RE

**Niacin (mg):** trace  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refused:** 0 0%

### Food Exchanges

**Grain (Starch):** 0  
**Lean Meat:** 0  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 1 1/2  
**Other Carbohydrates:** 0

## Nutrition Facts

Servings per Recipe: 4

### Amount Per Serving

**Calories** 91 **Calories from Fat:** 77

#### % Daily Values\*

<b>Total Fat</b> 9g			13%
Saturated Fat 5g			27%
<b>Cholesterol</b> 23mg			8%
<b>Sodium</b> 88mg			4%
<b>Total Carbohydrates</b> 3g			1%
Dietary Fiber trace			1%
<b>Protein</b> 1g			
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<b>Vitamin A</b>			7%
<b>Vitamin C</b>			0%
<b>Calcium</b>			1%
<b>Iron</b>			1%

\* Percent Daily Values are based on a 2000 calorie diet.