



## Apple-and-Celery Root Salad

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



106 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 ounce cheese blue crumbled
- 0.5 pound celery root peeled cut into matchsticks ( 1 cup)
- 3 tablespoons chives plus more for garnish chopped
- 2 granny smith apples
- 3 tablespoons juice of lemon fresh
- 0.3 cup buttermilk low-fat
- 3 dashes pepper sauce hot (such as Tabasco)

0.5 teaspoon worcestershire sauce

## Equipment

bowl

knife

whisk

cookie cutter

## Directions

Whisk together first 6 ingredients (through black pepper). Toss celery root with buttermilk dressing; let stand 15 minutes.

Meanwhile, place lemon juice in a bowl. Trim tops and bottoms from apples.

Cut apples crosswise into slices, removing seeds and core with a round cookie cutter or paring knife.

Transfer apple to bowl with lemon juice, and toss to prevent apple from browning.

Starting with apple slices, alternately stack apple with the celery root mixture on each of 4 serving plates.

Garnish with additional chives, and serve.

## Nutrition Facts



## Properties

Glycemic Index:42.75, Glycemic Load:4.87, Inflammation Score:-4, Nutrition Score:6.7378260979186%

## Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol:

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## **Nutrients (% of daily need)**

Calories: 106.2kcal (5.31%), Fat: 2.57g (3.95%), Saturated Fat: 1.5g (9.4%), Carbohydrates: 19.76g (6.59%), Net Carbohydrates: 16.43g (5.98%), Sugar: 11.53g (12.81%), Cholesterol: 5.92mg (1.97%), Sodium: 173.25mg (7.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.23g (6.45%), Vitamin K: 30.44µg (28.99%), Vitamin C: 14.69mg (17.8%), Fiber: 3.33g (13.31%), Phosphorus: 118.85mg (11.89%), Potassium: 334.28mg (9.55%), Calcium: 88.77mg (8.88%), Vitamin B6: 0.16mg (7.82%), Manganese: 0.15mg (7.4%), Vitamin B2: 0.11mg (6.67%), Magnesium: 21.1mg (5.28%), Vitamin B5: 0.44mg (4.43%), Vitamin A: 210.28IU (4.21%), Copper: 0.08mg (3.86%), Folate: 15.27µg (3.82%), Vitamin B1: 0.06mg (3.74%), Iron: 0.63mg (3.52%), Zinc: 0.5mg (3.31%), Vitamin B3: 0.59mg (2.96%), Vitamin E: 0.42mg (2.78%), Selenium: 1.77µg (2.52%), Vitamin B12: 0.12µg (1.99%)