

Braised Celeriac



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



60 kcal

SIDE DISH

Ingredients

- ☐ 1 bay leaf
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1.5 pounds celery root peeled cut into wedges (celery root)
- ☐ 0.3 cup cooking wine dry white
- ☐ 0.5 cup less-sodium chicken broth fat-free
- ☐ 2 tablespoons parsley fresh minced
- ☐ 0.5 cup onion fresh minced
- ☐ 0.3 teaspoon salt

☐ 1 tablespoon stick margarine

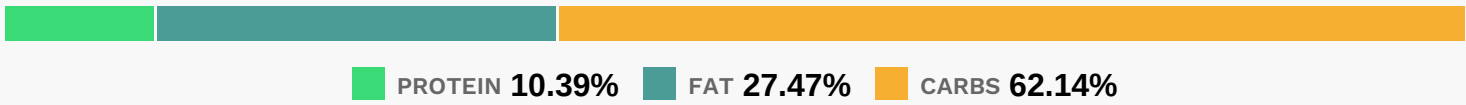
Equipment

- ☐ frying pan
- ☐ oven
- ☐ dutch oven

Directions

- ☐ Preheat oven to 35
- ☐ Place celeriac in a Dutch oven, and cover with water. Bring to a boil, and cook 8 minutes; drain well. Melt butter in pan over medium heat.
- ☐ Add onion and bay leaf; cook 5 minutes or until tender.
- ☐ Add celeriac, salt, and pepper. Cook 6 minutes or until lightly browned, stirring frequently. Stir in broth and wine.
- ☐ Bake at 350 for 45 minutes or until tender. Discard bay leaf.
- ☐ Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:17.63, Glycemic Load:2.46, Inflammation Score:-3, Nutrition Score:6.2778261899948%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 4.21mg, Apigenin: 4.21mg, Apigenin: 4.21mg, Apigenin: 4.21mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg

Nutrients (% of daily need)

Calories: 60.28kcal (3.01%), Fat: 1.79g (2.75%), Saturated Fat: 0.38g (2.39%), Carbohydrates: 9.1g (3.03%), Net Carbohydrates: 7.35g (2.67%), Sugar: 1.89g (2.1%), Cholesterol: 0mg (0%), Sodium: 234.53mg (10.2%), Alcohol: 0.77g (100%), Alcohol %: 0.82% (100%), Protein: 1.52g (3.04%), Vitamin K: 51.44µg (48.99%), Vitamin C: 8.88mg (10.77%), Phosphorus: 104.73mg (10.47%), Manganese: 0.17mg (8.42%), Potassium: 286.56mg (8.19%), Vitamin B6: 0.16mg (7.98%), Fiber: 1.75g (7.01%), Magnesium: 19.58mg (4.9%), Calcium: 42.47mg (4.25%), Iron: 0.73mg (4.06%), Vitamin B3: 0.71mg (3.54%), Vitamin B2: 0.06mg (3.51%), Copper: 0.07mg (3.44%), Vitamin B5: 0.34mg (3.38%), Vitamin B1: 0.05mg (3.31%), Vitamin A: 151.67IU (3.03%), Folate: 10.49µg (2.62%), Vitamin E: 0.37mg (2.49%), Zinc: 0.32mg (2.14%), Selenium: 0.97µg (1.39%)