



Celeriac & carrot remoulade



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



6

CALORIES



84 kcal

SIDE DISH

Ingredients



1 celery root shredded



1 large carrots grated



1 small bunch optional: dill chopped



6 tbsp mayonnaise light



0.5 juice of lemon

Equipment

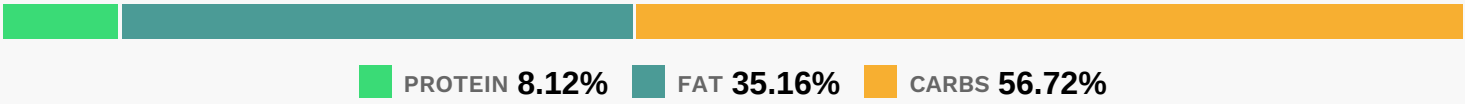


bowl

Directions

- ☐
- Put the vegetables in a large bowl with the dill.
- ☐
- Mix the mayo and lemon juice and season well, before mixing thoroughly into the veg. Will keep covered in the fridge for up to 3 days.

Nutrition Facts



Properties

Glycemic Index:16.14, Glycemic Load:3.19, Inflammation Score:-8, Nutrition Score:8.968260905017%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 2.61mg, Apigenin: 2.61mg, Apigenin: 2.61mg, Apigenin: 2.61mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 84.36kcal (4.22%), Fat: 3.47g (5.34%), Saturated Fat: 0.57g (3.58%), Carbohydrates: 12.59g (4.2%), Net Carbohydrates: 10.3g (3.74%), Sugar: 2.86g (3.18%), Cholesterol: 2.24mg (0.75%), Sodium: 232.52mg (10.11%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 1.8g (3.61%), Vitamin K: 53.52µg (50.97%), Vitamin A: 2027.53IU (40.55%), Phosphorus: 131.19mg (13.12%), Vitamin C: 10.48mg (12.71%), Potassium: 371.55mg (10.62%), Vitamin B6: 0.2mg (9.85%), Manganese: 0.19mg (9.59%), Fiber: 2.3g (9.19%), Magnesium: 23.63mg (5.91%), Vitamin E: 0.78mg (5.2%), Calcium: 51.88mg (5.19%), Iron: 0.83mg (4.59%), Vitamin B3: 0.88mg (4.41%), Vitamin B2: 0.07mg (4.28%), Vitamin B1: 0.06mg (4.26%), Vitamin B5: 0.43mg (4.26%), Copper: 0.08mg (4.23%), Folate: 12.26µg (3.06%), Zinc: 0.4mg (2.66%), Selenium: 1.14µg (1.62%)