



Celeriac Puree

 Vegetarian  Gluten Free

READY IN



55 min.

SERVINGS



4

CALORIES



137 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 3 heads celery root
- 4 cloves garlic peeled sliced
- 0.3 cup heavy cream
- 1 teaspoon kosher salt
- 1 tablespoon olive oil
- 2 tablespoons butter unsalted
- 5 cups water

Equipment

- bowl
- sauce pan
- pot
- blender
- microwave
- colander

Directions

- Brush excess dirt off of the celeriac.
- Cut off the bottoms and tops, cut into quarters and peel. Rinse in cool water if there is any remaining dirt or debris.
- Cut into 1/2-inch thick dice.
- Heat the olive oil in a 4-quart saucepan over low heat just until it shimmers.
- Add the celeriac, garlic, salt and pepper and cook, stirring frequently, just until it begins to soften, approximately 5 minutes. Increase the heat to medium-high and add the water. Bring to a boil and cook until the celeriac is tender and easily pierced with a fork, approximately 20 minutes.
- Drain the celeriac through a colander and return to the pot. Using a stick blender, puree until no lumps are present, approximately 1 minute.
- Place the butter and heavy cream into a microwave proof bowl and heat just until the butter is melted, approximately 45 seconds.
- Add the cream and butter and continue to puree with the stick blender for another minute.
- Serve warm.

Nutrition Facts

 **PROTEIN 1.99%**  **FAT 93.54%**  **CARBS 4.47%**

Properties

Glycemic Index:24.25, Glycemic Load:0.31, Inflammation Score:-3, Nutrition Score:1.8782608794129%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 136.8kcal (6.84%), Fat: 14.57g (22.41%), Saturated Fat: 7.51g (46.91%), Carbohydrates: 1.57g (0.52%), Net Carbohydrates: 1.46g (0.53%), Sugar: 0.48g (0.53%), Cholesterol: 31.86mg (10.62%), Sodium: 602.3mg (26.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.7g (1.39%), Vitamin A: 394.55IU (7.89%), Vitamin E: 0.81mg (5.4%), Manganese: 0.07mg (3.46%), Vitamin K: 3.64µg (3.46%), Copper: 0.06mg (3.08%), Calcium: 27.07mg (2.71%), Vitamin D: 0.34µg (2.29%), Vitamin B6: 0.04mg (2.21%), Vitamin B2: 0.03mg (2.02%), Phosphorus: 15.96mg (1.6%), Selenium: 0.96µg (1.36%), Vitamin C: 1.09mg (1.32%), Magnesium: 5.27mg (1.32%)