



Celeriac Salad

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



61 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1.5 pounds celery root shredded peeled
- 1 teaspoon dijon mustard
- 0.3 cup chives fresh minced
- 2 garlic heads whole
- 0.5 cup heavy whipping cream sour low-fat
- 0.3 cup low-salt chicken broth
- 0.3 teaspoon pepper divided
- 0.5 teaspoon salt divided

- 0.5 teaspoon sugar
- 0.3 cup citrus champagne vinegar

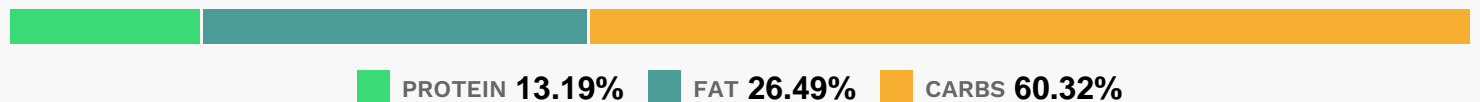
Equipment

- bowl
- oven
- blender
- aluminum foil

Directions

- Preheat oven to 40
- Remove white papery skin from garlic heads (do not peel or separate the cloves).
- Cut 1/4 inch from the top of each head; lightly coat cut surfaces with cooking spray; sprinkle with 1/4 teaspoon salt and 1/8 teaspoon pepper. Wrap each head separately in foil.
- Bake at 400 for 45 minutes; let cool 10 minutes. Separate cloves; squeeze out garlic pulp; discard skins.
- Place garlic pulp, 1/4 teaspoon salt, 1/8 teaspoon pepper, sour cream, broth, vinegar, mustard, and sugar in a blender; process until smooth.
- Pour dressing into a bowl; cover and chill 2 hours.
- Combine celeriac and chives in a large bowl; add dressing, and toss well.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:30.51, Glycemic Load:2.47, Inflammation Score:-2, Nutrition Score:5.8456521578457%

Flavonoids

Apigenin: 2.05mg, Apigenin: 2.05mg, Apigenin: 2.05mg, Apigenin: 2.05mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg

0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin:
0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 61.26kcal (3.06%), Fat: 1.87g (2.88%), Saturated Fat: 1.04g (6.49%), Carbohydrates: 9.61g (3.2%), Net
Carbohydrates: 7.99g (2.9%), Sugar: 1.69g (1.88%), Cholesterol: 5.03mg (1.68%), Sodium: 252.92mg (11%), Alcohol:
0g (100%), Alcohol %: 0% (100%), Protein: 2.1g (4.2%), Vitamin K: 37.73µg (35.93%), Phosphorus: 114.21mg (11.42%),
Vitamin C: 7.93mg (9.62%), Potassium: 305.5mg (8.73%), Manganese: 0.17mg (8.3%), Vitamin B6: 0.16mg (7.79%),
Fiber: 1.62g (6.48%), Calcium: 60.95mg (6.1%), Magnesium: 19.97mg (4.99%), Vitamin B2: 0.07mg (4.36%), Iron:
0.71mg (3.94%), Vitamin B3: 0.76mg (3.79%), Copper: 0.07mg (3.66%), Vitamin B1: 0.05mg (3.47%), Vitamin B5:
0.31mg (3.11%), Zinc: 0.39mg (2.57%), Folate: 9.77µg (2.44%), Vitamin E: 0.36mg (2.37%), Vitamin A: 102.42IU
(2.05%), Selenium: 1.38µg (1.97%), Vitamin B12: 0.07µg (1.17%)