



WHATSheATE



Celeriac salad with Parmesan, walnuts & parsley



Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



261 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 juice of lemon
- ☐ 0.5 celeriac root peeled cut into sixths
- ☐ 2 celeriac stalks
- ☐ 1 small parsley leaves picked
- ☐ 1 handful walnut halves toasted
- ☐ 50 g parmesan shaved (or vegetarian alternative)
- ☐ 1 tbsp olive oil

- ☐ 1 tbsp coarse mustard
- ☐ 3 tbsp olive oil
- ☐ 1 tbsp sherry vinegar

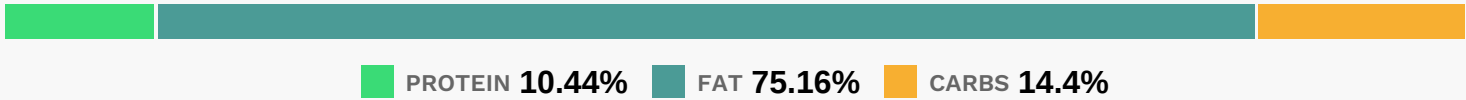
Equipment

- ☐ bowl
- ☐ whisk
- ☐ peeler

Directions

- ☐ To make the dressing, whisk all the ingredients together with 1 tbsp water and some seasoning, and set aside. Tip the lemon juice into a bowl. Use a swivel blade peeler to shave thin ribbons of celeriac into the lemon juice and toss to coat.
- ☐ Thinly slice the celery sticks on an angle, but keep the leaves. Toss all the ingredients, except the Parmesan, with the celeriac and season with sea salt and a little pepper. Pile the salad onto 4 plates and top with the Parmesan shavings.
- ☐ Drizzle with the dressing and extra olive oil before serving.

Nutrition Facts



Properties

Glycemic Index:44.5, Glycemic Load:2.34, Inflammation Score:-3, Nutrition Score:9.9047824986603%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 2.57mg, Apigenin: 2.57mg, Apigenin: 2.57mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 260.95kcal (13.05%), Fat: 22.51g (34.63%), Saturated Fat: 4.52g (28.26%), Carbohydrates: 9.71g (3.24%), Net Carbohydrates: 7.52g (2.73%), Sugar: 1.87g (2.07%), Cholesterol: 8.5mg (2.83%), Sodium: 325.29mg (14.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.04g (14.07%), Vitamin K: 46.9µg (44.66%), Phosphorus: 211.71mg (21.17%), Manganese: 0.41mg (20.38%), Calcium: 194.61mg (19.46%), Vitamin E: 2.42mg (16.13%), Vitamin C: 9.93mg (12.03%), Vitamin B6: 0.19mg (9.67%), Copper: 0.19mg (9.28%), Magnesium: 36.34mg (9.09%), Potassium: 309.85mg (8.85%), Fiber: 2.19g (8.76%), Selenium: 5.04µg (7.2%), Vitamin B2: 0.11mg (6.26%), Iron: 1.07mg (5.94%), Zinc: 0.88mg (5.85%), Vitamin B1: 0.08mg (5.37%), Folate: 17.59µg (4.4%), Vitamin B5: 0.41mg (4.12%), Vitamin B3: 0.72mg (3.62%), Vitamin A: 132.28IU (2.65%), Vitamin B12: 0.15µg (2.5%)