



## Celery Root and Apple Puree

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



323 kcal

SIDE DISH

### Ingredients

- 0.5 cup apple cider good
- 2 pounds celery root diced peeled ()
- 1 cup large-diced fennel bulb
- 0.3 cup heavy cream
- 6 servings kosher salt and pepper black freshly ground
- 3 golden delicious apples diced cored peeled
- 0.3 pound butter unsalted (1 stick)
- 8 ounces yukon gold potatoes diced peeled ()

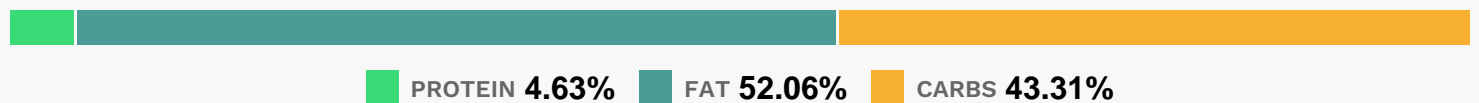
## Equipment

- food processor
- frying pan
- pot

## Directions

- Watch how to make this recipe.
- Melt the butter over medium heat in a shallow pot or large saute pan.
- Add the fennel, celery root, potatoes, apples, 1 1/2 teaspoons salt and 1/2 teaspoon pepper.
- Saute the vegetables, stirring occasionally, until they begin to soften, about 4 to 5 minutes.
- Add the cider and tightly cover the pot. Simmer over low heat (I pull the pot halfway off the heat) for 30 to 40 minutes, stirring occasionally, until the vegetables are very soft. If the vegetables begin to burn or they seem dry, add another few tablespoons of apple cider or some water.
- When the vegetables are cooked, add the cream and cook for 1 more minute.
- Transfer the mixture to a food mill fitted with the coarsest blade and process. (You can also use a food processor but the texture will be smoother than with the food mill.) Taste for salt and pepper and return to the pot to keep warm.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:44.75, Glycemic Load:13.25, Inflammation Score:-6, Nutrition Score:14.256521673306%

## Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 7.78mg, Epicatechin: 7.78mg, Epicatechin: 7.78mg, Epicatechin: 7.78mg Epicatechin 3-gallate:

0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg  
Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg,  
Epigallocatechin 3-gallate: 0.17mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg  
Apigenin: 3.64mg, Apigenin: 3.64mg, Apigenin: 3.64mg, Apigenin: 3.64mg Luteolin: 0.11mg, Luteolin: 0.11mg,  
Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol:  
0.43mg Quercetin: 4.33mg, Quercetin: 4.33mg, Quercetin: 4.33mg, Quercetin: 4.33mg

## **Nutrients (% of daily need)**

Calories: 322.95kcal (16.15%), Fat: 19.61g (30.17%), Saturated Fat: 12.16g (76.02%), Carbohydrates: 36.71g (12.24%),  
Net Carbohydrates: 30.46g (11.08%), Sugar: 14.94g (16.6%), Cholesterol: 51.84mg (17.28%), Sodium: 167.48mg  
(7.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.92g (7.84%), Vitamin K: 75.62µg (72.02%), Vitamin C:  
25.7mg (31.16%), Fiber: 6.25g (25.01%), Potassium: 805.28mg (23.01%), Phosphorus: 224.51mg (22.45%), Vitamin  
B6: 0.41mg (20.65%), Manganese: 0.38mg (19.22%), Vitamin A: 688.15IU (13.76%), Magnesium: 48.17mg (12.04%),  
Calcium: 95.21mg (9.52%), Copper: 0.19mg (9.43%), Vitamin B2: 0.16mg (9.39%), Iron: 1.62mg (8.97%), Vitamin E:  
1.33mg (8.86%), Vitamin B1: 0.13mg (8.66%), Vitamin B3: 1.66mg (8.31%), Vitamin B5: 0.79mg (7.9%), Folate: 25.77µg  
(6.44%), Zinc: 0.72mg (4.8%), Vitamin D: 0.44µg (2.95%), Selenium: 1.78µg (2.55%)