



Celery-Root and Apple Purée



Vegetarian



Gluten Free

READY IN



300 min.

SERVINGS



12

CALORIES



213 kcal

SIDE DISH

Ingredients

- ☐ 4 mcintosh apples ()
- ☐ 12 servings garnish: celery leaves
- ☐ 5 lb celery root (sometimes called celeriac)
- ☐ 1 cup heavy cream
- ☐ 0.5 teaspoon nutmeg freshly grated
- ☐ 2 teaspoons salt
- ☐ 0.3 cup butter unsalted
- ☐ 0.5 teaspoon pepper white

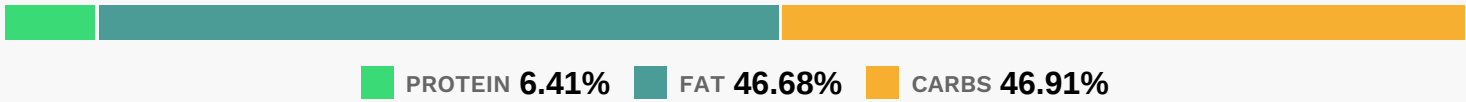
Equipment

- ☐ food processor
- ☐ knife
- ☐ pot

Directions

- ☐ Peel celery root with a sharp knife, then cut into 1-inch cubes. Peel and core apples, then cut into 1-inch pieces.
- ☐ Melt butter in a 6- to 8-quart heavy pot over moderately low heat, then add celery root, apples, and salt and stir to coat with butter. Cover with a tight-fitting lid and cook (without adding liquid), stirring occasionally, until celery root is tender, 50 minutes to 1 hour.
- ☐ Purée mixture in batches in a food processor until smooth, about 2 minutes per batch. Return purée to pot and stir in cream, white pepper, and nutmeg. Reheat, covered, over moderate heat, stirring occasionally, until hot, about 5 minutes.
- ☐ Purée can be made 1 day ahead and cooled completely, uncovered, then chilled, covered. Reheat, covered, over low heat, stirring occasionally, until hot, about 15 minutes.

Nutrition Facts



Properties

Glycemic Index:14.08, Glycemic Load:7.13, Inflammation Score:-5, Nutrition Score:12.766086710536%

Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Apigenin: 4.58mg, Apigenin: 4.58mg, Apigenin: 4.58mg, Apigenin: 4.58mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg

2.78mg

Nutrients (% of daily need)

Calories: 213.09kcal (10.65%), Fat: 11.7g (18%), Saturated Fat: 7.18g (44.87%), Carbohydrates: 26.45g (8.82%), Net Carbohydrates: 21.54g (7.83%), Sugar: 9.95g (11.06%), Cholesterol: 32.58mg (10.86%), Sodium: 583.88mg (25.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.62g (7.23%), Vitamin K: 80.08µg (76.27%), Phosphorus: 237.22mg (23.72%), Vitamin C: 18.08mg (21.92%), Fiber: 4.91g (19.65%), Potassium: 654.91mg (18.71%), Vitamin B6: 0.34mg (17.24%), Manganese: 0.33mg (16.41%), Magnesium: 42.66mg (10.67%), Calcium: 100.15mg (10.01%), Vitamin B2: 0.17mg (9.93%), Vitamin A: 447.07IU (8.94%), Iron: 1.44mg (7.98%), Copper: 0.15mg (7.69%), Vitamin B5: 0.76mg (7.61%), Vitamin B1: 0.11mg (7.3%), Vitamin E: 1.08mg (7.23%), Vitamin B3: 1.4mg (6.99%), Zinc: 0.7mg (4.7%), Folate: 18.31µg (4.58%), Selenium: 1.97µg (2.82%), Vitamin D: 0.39µg (2.59%)