



Celery-Root and Pecan Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



185 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.8 teaspoon pepper black
- ☐ 1.5 lb celery root with a sharp knife and quartered peeled
- ☐ 0.3 cup flat-leaf parsley fresh coarsely chopped
- ☐ 0.3 cup olive oil
- ☐ 3.5 oz pecan halves cooled
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons shallots finely chopped
- ☐ 3 tablespoons white-wine vinegar

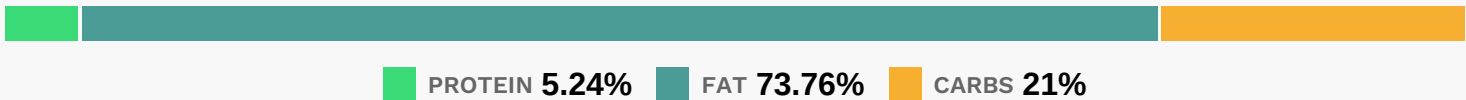
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Finely chop two thirds of nuts. Coarsely grate celery root in a food processor fitted with medium shredding disk.
- ☐ Stir together vinegar, salt, and pepper in a large bowl until salt is dissolved, then add celery root, chopped nuts, parsley, and shallot and toss well.
- ☐ Drizzle salad with oil and toss again.
- ☐ Serve sprinkled with remaining pecans.

Nutrition Facts



Properties

Glycemic Index:17.38, Glycemic Load:2.4, Inflammation Score:-4, Nutrition Score:10.173478100611%

Flavonoids

Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg Apigenin: 6.1mg, Apigenin: 6.1mg, Apigenin: 6.1mg, Apigenin: 6.1mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 185.11kcal (9.26%), Fat: 15.96g (24.55%), Saturated Fat: 1.77g (11.07%), Carbohydrates: 10.22g (3.41%), Net Carbohydrates: 7.31g (2.66%), Sugar: 2.07g (2.3%), Cholesterol: 0mg (0%), Sodium: 232.36mg (10.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.55g (5.11%), Vitamin K: 70.44µg (67.09%), Manganese: 0.73mg (36.48%), Phosphorus: 135.5mg (13.55%), Vitamin C: 9.66mg (11.71%), Fiber: 2.91g (11.64%), Copper: 0.22mg (10.83%), Vitamin

E: 1.47mg (9.79%), Potassium: 329.52mg (9.41%), Vitamin B6: 0.18mg (8.86%), Magnesium: 34.03mg (8.51%), Vitamin B1: 0.13mg (8.51%), Iron: 1.14mg (6.32%), Zinc: 0.88mg (5.85%), Calcium: 50.09mg (5.01%), Vitamin B5: 0.42mg (4.24%), Vitamin B2: 0.07mg (4.11%), Vitamin B3: 0.77mg (3.86%), Folate: 13.26µg (3.32%), Vitamin A: 166.02IU (3.32%), Selenium: 1.11µg (1.58%)