



Celery Root-Arugula Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



95 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup baby arugula
- 0.3 teaspoon pepper black freshly ground
- 2 cups celery diagonally sliced
- 2 cups celery root peeled
- 0.5 cup parsley fresh
- 0.3 teaspoon kosher salt
- 2 tablespoons juice of lemon fresh
- 2 tablespoons olive oil extra virgin extra-virgin

- 0.5 cup onion red vertically sliced
- 1.5 cups mandarin oranges halved

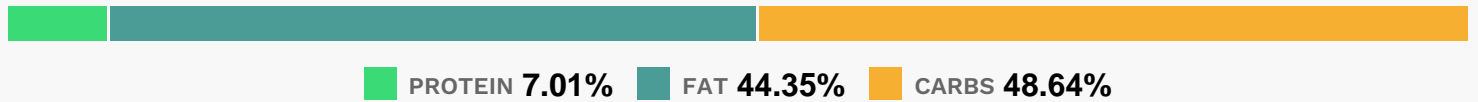
Equipment

- bowl
- whisk

Directions

- Combine extra-virgin olive oil, lemon juice, salt, and black pepper in a medium bowl, stirring well with a whisk.
- Add celery root, celery, and onion; toss to coat.
- Let celery root mixture stand 30 minutes.
- Add orange sections, arugula, and parsley; toss gently to combine.

Nutrition Facts



Properties

Glycemic Index:31.67, Glycemic Load:1.85, Inflammation Score:-8, Nutrition Score:11.653913119565%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 12.99mg, Apigenin: 12.99mg, Apigenin: 12.99mg, Apigenin: 12.99mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Isorhamnetin: 0.81mg, Isorhamnetin: 0.81mg, Isorhamnetin: 0.81mg, Isorhamnetin: 0.81mg Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 3.23mg, Quercetin: 3.23mg, Quercetin: 3.23mg

Nutrients (% of daily need)

Calories: 95.04kcal (4.75%), Fat: 4.99g (7.67%), Saturated Fat: 0.72g (4.5%), Carbohydrates: 12.31g (4.1%), Net Carbohydrates: 9.79g (3.56%), Sugar: 5.98g (6.65%), Cholesterol: 0mg (0%), Sodium: 182.58mg (7.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.77g (3.55%), Vitamin K: 119.82µg (114.11%), Vitamin C: 31.29mg (37.93%), Vitamin A: 1272.41IU (25.45%), Potassium: 373.58mg (10.67%), Fiber: 2.52g (10.09%), Folate: 33.02µg (8.26%), Phosphorus: 82.11mg (8.21%), Manganese: 0.16mg (8.21%), Vitamin B6: 0.16mg (7.83%), Vitamin E: 1.08mg (7.23%),

Magnesium: 25.15mg (6.29%), Vitamin B1: 0.09mg (5.86%), Calcium: 57.57mg (5.76%), Iron: 0.98mg (5.47%),
Vitamin B2: 0.08mg (4.55%), Copper: 0.08mg (4.24%), Vitamin B3: 0.78mg (3.89%), Zinc: 0.56mg (3.74%), Vitamin
B5: 0.32mg (3.25%), Selenium: 0.78µg (1.11%)