



Celery Root-Arugula Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



77 kcal

SALAD

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 fresh parsley leaves fresh
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 tablespoons olive oil extra-virgin

- ☐ 0.5 cup onion red vertically sliced
- ☐ 1.5 cups satsuma halved

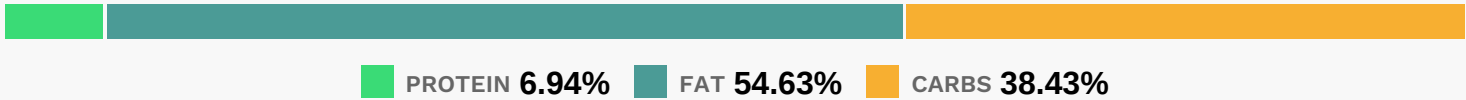
Equipment

- ☐ 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:0, Nutrition Score:9.5365217794543%

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, 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, Quercetin: 3.23mg

Nutrients (% of daily need)

Calories: 77.08kcal (3.85%), Fat: 4.97g (7.65%), Saturated Fat: 0.72g (4.48%), Carbohydrates: 7.87g (2.62%), Net Carbohydrates: 5.91g (2.15%), Sugar: 2.09g (2.32%), Cholesterol: 0mg (0%), Sodium: 180.22mg (7.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.42g (2.84%), Vitamin K: 119.82µg (114.11%), Vitamin C: 15.28mg (18.52%), Vitamin A: 652.49IU (13.05%), Potassium: 309.32mg (8.84%), Manganese: 0.16mg (8.21%), Fiber: 1.96g (7.82%), Phosphorus: 76.91mg (7.69%), Folate: 30.66µg (7.67%), Vitamin B6: 0.14mg (6.81%), Vitamin E: 1.01mg (6.75%),

Calcium: 51.9mg (5.19%), Magnesium: 19.95mg (4.99%), Iron: 0.86mg (4.76%), Vitamin B2: 0.06mg (3.69%),
Copper: 0.07mg (3.27%), Vitamin B5: 0.32mg (3.25%), Vitamin B1: 0.05mg (3.08%), Vitamin B3: 0.57mg (2.84%),
Zinc: 0.31mg (2.07%)