



WHATSheATE



Celery Root, Kohlrabi, and Apple Purée



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



127 kcal

SIDE DISH

Ingredients

- ☐ 10 servings pepper black freshly ground
- ☐ 2 pounds celery root peeled cut into 3/4" cubes (celeriac)
- ☐ 10 servings chervil fresh
- ☐ 0.5 pound apples i use 2 granny smith apples cored peeled cut into 1" cubes
- ☐ 1.5 pounds kohlrabi bulb peeled cut into 1/2" cubes
- ☐ 10 servings kosher salt
- ☐ 1 pound baking potatoes peeled cut into 1" cubes
- ☐ 2 tablespoons butter unsalted ()

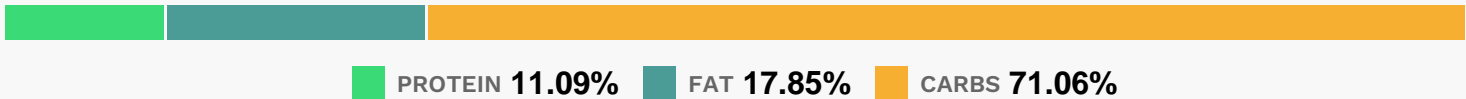
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ pot
- ☐ microwave
- ☐ slotted spoon
- ☐ potato ricer

Directions

- ☐ Add celery root to a large pot of boiling salted water. Reduce heat to medium-low and simmer until tender, 11-13 minutes. Using a slotted spoon, transfer celery root to a large bowl. Return water to a boil; repeat with kohlrabi, then potatoes, cooking each separately until tender, 14-16 minutes for kohlrabi and 10-12 minutes for potatoes; add to bowl with celery root.
- ☐ Meanwhile, bring apple and 2 tablespoons water to a boil in a small saucepan. Cover and cook over medium-high heat, stirring occasionally, until apple falls apart, 6-8 minutes, adding water by tablespoonfuls if dry.
- ☐ Working in batches, pass celery root, kohlrabi, potatoes, and apple through a potato ricer into a large bowl. Pass mixture through ricer again if a smoother texture is desired. Stir in butter. Season with salt and pepper. DO AHEAD: Can be made 1 day ahead.
- ☐ Transfer to a microwave-safe bowl, cover, and chill. Rewarm in microwave in 30-second intervals until heated through.
- ☐ Transfer to a large serving bowl.
- ☐ Garnish with chervil sprigs.
- ☐ Per serving: 104 calories, 3 g fat, 19 g carbohydrates
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:20.38, Glycemic Load:9.99, Inflammation Score:-5, Nutrition Score:12.551304479656%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Apigenin: 2.19mg, Apigenin: 2.19mg, Apigenin: 2.19mg, Apigenin: 2.19mg Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Kaempferol: 1.69mg, Kaempferol: 1.69mg, Kaempferol: 1.69mg, Kaempferol: 1.69mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 126.8kcal (6.34%), Fat: 2.73g (4.2%), Saturated Fat: 1.54g (9.63%), Carbohydrates: 24.45g (8.15%), Net Carbohydrates: 19.09g (6.94%), Sugar: 5.86g (6.51%), Cholesterol: 6.02mg (2.01%), Sodium: 301.77mg (13.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.81g (7.63%), Vitamin C: 53.57mg (64.93%), Vitamin K: 38.94µg (37.08%), Potassium: 773.15mg (22.09%), Fiber: 5.35g (21.42%), Vitamin B6: 0.43mg (21.36%), Manganese: 0.35mg (17.57%), Phosphorus: 168.4mg (16.84%), Magnesium: 44.17mg (11.04%), Copper: 0.21mg (10.52%), Iron: 1.66mg (9.2%), Vitamin B1: 0.12mg (8.3%), Calcium: 77.29mg (7.73%), Vitamin B3: 1.45mg (7.27%), Folate: 28.02µg (7%), Vitamin B5: 0.59mg (5.86%), Vitamin B2: 0.1mg (5.7%), Vitamin E: 0.76mg (5.1%), Zinc: 0.55mg (3.68%), Vitamin A: 166.21IU (3.32%), Selenium: 1.62µg (2.31%)