



Celery Root Purée

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



3

CALORIES



567 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pounds celery root (3 small)
- 2 teaspoons kosher salt as needed plus more
- 6 tablespoons butter unsalted at room temperature ()
- 1.5 cups water
- 3 servings pepper white freshly ground
- 3 cups milk whole (water may be substituted)
- 12 ounces yukon gold potatoes (4 medium)

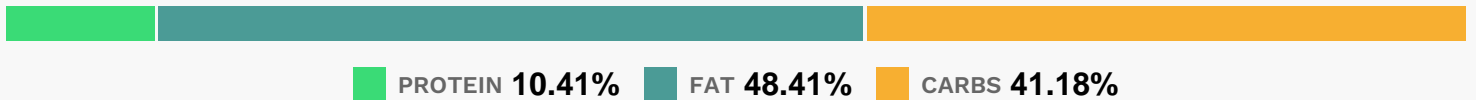
Equipment

- food processor
- bowl
- sauce pan
- knife
- pot
- colander

Directions

- Place milk, water, and salt in a large saucepan. Peel celery root and potatoes, cut into 1-1/2-inch cubes, and immediately drop into the pot of milk and water. Cover and bring to a boil over high heat. Uncover, reduce heat to medium low, and cook at a lively simmer until potatoes can be easily pierced with a sharp knife and celery root starts to break up, about 17 to 20 minutes.
- Drain mixture through a colander.
- Transfer to the bowl of a food processor fitted with a blade attachment.
- Add butter and process to a smooth purée, stopping to scrape down the sides of the bowl as needed, about 3 minutes from start to finish. Taste and season with salt and white pepper as needed.

Nutrition Facts



Properties

Glycemic Index:52.25, Glycemic Load:26.66, Inflammation Score:-8, Nutrition Score:31.448695638905%

Flavonoids

Apigenin: 7.29mg, Apigenin: 7.29mg, Apigenin: 7.29mg, Apigenin: 7.29mg Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 567.4kcal (28.37%), Fat: 31.57g (48.57%), Saturated Fat: 19.2g (120.01%), Carbohydrates: 60.41g (20.14%), Net Carbohydrates: 51.95g (18.89%), Sugar: 17.48g (19.42%), Cholesterol: 89.48mg (29.83%), Sodium: 1961.33mg (85.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.28g (30.55%), Vitamin K: 128.83µg (122.69%),

Phosphorus: 669.07mg (66.91%), Vitamin C: 46.95mg (56.91%), Potassium: 1759.09mg (50.26%), Vitamin B6: 0.99mg (49.26%), Calcium: 460.29mg (46.03%), Manganese: 0.75mg (37.61%), Fiber: 8.46g (33.85%), Vitamin B2: 0.57mg (33.32%), Magnesium: 119.42mg (29.86%), Vitamin B1: 0.38mg (25.36%), Vitamin B5: 2.34mg (23.41%), Vitamin B12: 1.37µg (22.75%), Vitamin A: 1097.27IU (21.95%), Vitamin D: 3.1µg (20.69%), Copper: 0.38mg (18.97%), Iron: 3.31mg (18.37%), Vitamin B3: 3.58mg (17.92%), Zinc: 2.39mg (15.94%), Vitamin E: 1.87mg (12.48%), Folate: 43.38µg (10.84%), Selenium: 7.44µg (10.63%)