



WHATSheATE



Celery Root Purée with Toasted Hazelnuts



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



341 kcal

SIDE DISH

Ingredients

- ☐ 10 servings pepper black freshly ground
- ☐ 3 pounds celery root peeled cut into 1/2" cubes
- ☐ 1 tablespoon hazelnut oil
- ☐ 0.3 cup hazelnuts toasted coarsely chopped
- ☐ 0.7 cup cup heavy whipping cream
- ☐ 10 servings kosher salt
- ☐ 3 pounds baking potatoes peeled cut into 1" cubes
- ☐ 0.5 cup butter unsalted chilled cut into 1/2" cubes (1 stick)

☐ 0.7 cup milk whole

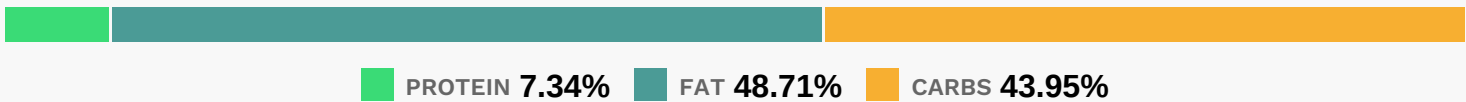
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ pot
- ☐ potato ricer

Directions

- ☐ Place celery root and potatoes in a large heavy pot.
- ☐ Add cold water to cover; season with salt. Bring to a boil over medium-high heat. Reduce heat; simmer until vegetables can be pierced with a fork, 20–25 minutes.
- ☐ Drain vegetables well. Pass vegetable through food mill or potato ricer into same pot.
- ☐ Meanwhile, bring cream and milk just to a simmer in a medium saucepan; remove from heat. Stir vegetable purée constantly over medium-low heat until excess moisture evaporates, about 2 minutes.
- ☐ Stir butter into purée a few pieces at a time, blending between additions.
- ☐ Remove from heat; slowly fold in cream mixture until a smooth purée forms. Season to taste with salt and pepper. DO AHEAD: Purée can be made 1 day ahead. Cover; chill. Rewarm in a microwave or in a heatproof bowl set over a large pot of simmering water.
- ☐ Strain hot purée through a medium-mesh sieve into a serving bowl (this makes the texture especially smooth and creamy).
- ☐ Drizzle with oil; scatter hazelnuts over.

Nutrition Facts



Properties

Glycemic Index:20.48, Glycemic Load:23.2, Inflammation Score:-6, Nutrition Score:16.318695576295%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Apigenin: 3.28mg, Apigenin: 3.28mg, Apigenin: 3.28mg, Apigenin: 3.28mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 340.85kcal (17.04%), Fat: 19.16g (29.47%), Saturated Fat: 10.16g (63.51%), Carbohydrates: 38.89g (12.96%), Net Carbohydrates: 34.36g (12.49%), Sugar: 4.4g (4.89%), Cholesterol: 44.28mg (14.76%), Sodium: 348.41mg (15.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.49g (12.99%), Vitamin K: 60.18µg (57.32%), Vitamin B6: 0.73mg (36.35%), Manganese: 0.63mg (31.42%), Potassium: 1039.64mg (29.7%), Phosphorus: 268.55mg (26.85%), Vitamin C: 18.93mg (22.94%), Fiber: 4.53g (18.14%), Magnesium: 66.87mg (16.72%), Copper: 0.29mg (14.61%), Vitamin B1: 0.21mg (14.12%), Vitamin E: 2.01mg (13.43%), Iron: 2.29mg (12.74%), Vitamin B3: 2.45mg (12.24%), Calcium: 113.39mg (11.34%), Vitamin B2: 0.19mg (10.96%), Vitamin A: 545.74IU (10.91%), Vitamin B5: 1.03mg (10.31%), Folate: 34.32µg (8.58%), Zinc: 1.03mg (6.89%), Vitamin D: 0.6µg (4.02%), Selenium: 2.47µg (3.53%), Vitamin B12: 0.13µg (2.21%)