



Celery Root, Radish, and Watercress Salad with Mustard Seed Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



106 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.5 pounds celery root with box grater grated trimmed peeled (celeriac)
- ☐ 1 tablespoon dijon mustard
- ☐ 0.7 cup olive oil extra virgin extra-virgin
- ☐ 20 radishes trimmed thinly sliced
- ☐ 0.3 cup shallots minced (2 medium)
- ☐ 6 cups watercress thick packed trimmed
- ☐ 0.5 cup balsamic vinegar white

☐ 2 tablespoons mustard seeds yellow

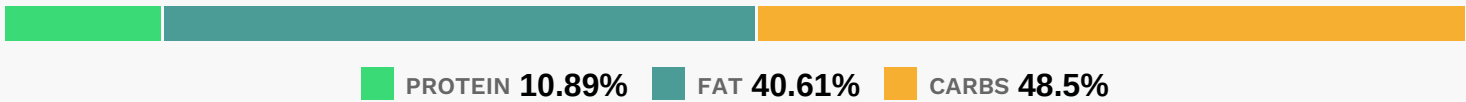
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Stir mustard seeds in dry skillet over medium heat until lightly toasted and starting to pop, about 3 minutes.
- ☐ Transfer to bowl; cool.
- ☐ Add vinegar, mustard, and shallots; whisk to blend. Gradually whisk in oil. Season with salt and pepper.
- ☐ Toss watercress in large bowl with enough dressing to coat lightly. Divide watercress among plates.
- ☐ Combine celery root and radishes in same bowl; toss with enough of remaining dressing to coat. Season to taste with salt and pepper. Top watercress with celery root mixture and serve.

Nutrition Facts



Properties

Glycemic Index:26.38, Glycemic Load:3.99, Inflammation Score:-7, Nutrition Score:12.120869356653%

Flavonoids

Pelargonidin: 6.31mg, Pelargonidin: 6.31mg, Pelargonidin: 6.31mg, Pelargonidin: 6.31mg Apigenin: 2.07mg, Apigenin: 2.07mg, Apigenin: 2.07mg, Apigenin: 2.07mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 5.96mg, Kaempferol: 5.96mg, Kaempferol: 5.96mg, Kaempferol: 5.96mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 7.8mg, Quercetin: 7.8mg, Quercetin: 7.8mg, Quercetin: 7.8mg

Nutrients (% of daily need)

Calories: 106.41kcal (5.32%), Fat: 4.96g (7.63%), Saturated Fat: 0.63g (3.97%), Carbohydrates: 13.32g (4.44%), Net Carbohydrates: 10.85g (3.95%), Sugar: 4.78g (5.31%), Cholesterol: 0mg (0%), Sodium: 125.01mg (5.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.99g (5.98%), Vitamin K: 101.15µg (96.34%), Vitamin C: 20.04mg (24.29%), Vitamin A: 816.88IU (16.34%), Manganese: 0.32mg (16.06%), Phosphorus: 147.37mg (14.74%), Potassium: 428.28mg (12.24%), Vitamin B6: 0.22mg (10.9%), Selenium: 7.33µg (10.48%), Fiber: 2.47g (9.88%), Magnesium: 37.9mg (9.48%), Calcium: 85.24mg (8.52%), Vitamin E: 1.23mg (8.19%), Iron: 1.19mg (6.59%), Vitamin B1: 0.1mg (6.45%), Copper: 0.11mg (5.7%), Vitamin B2: 0.1mg (5.61%), Folate: 18.7µg (4.67%), Vitamin B5: 0.44mg (4.44%), Vitamin B3: 0.83mg (4.14%), Zinc: 0.56mg (3.72%)