



Celery Root Remoulade

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN

ready

45 min.

SERVINGS

servings

6

CALORIES

calories

322 kcal

SIDE DISH

Ingredients

- ☐ 1 pinch pepper black freshly ground
- ☐ 2 pounds celery root
- ☐ 1 tablespoon dijon mustard
- ☐ 1.8 teaspoons kosher salt
- ☐ 3 tablespoons juice of lemon freshly squeezed
- ☐ 1 cup mayonnaise good
- ☐ 2 teaspoons citrus champagne vinegar
- ☐ 1 tablespoon whole-grain mustard

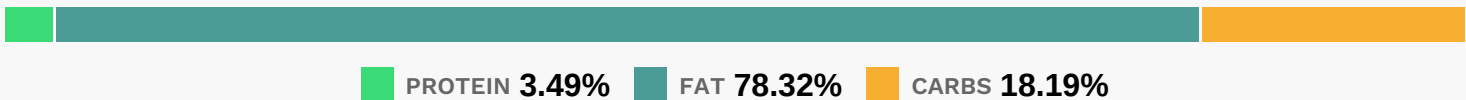
Equipment

- ☐ food processor
- ☐ bowl
- ☐ whisk
- ☐ mandoline
- ☐ serrated knife

Directions

- ☐ Use a serrated knife to peel the celery root of all the brown outer portions, like peeling a pineapple.
- ☐ Cut the celery root into thin matchsticks with a mandoline, or grate them in a food processor fitted with the coarsest grating blade. With the food processor, press a little as you feed the chunks through and you will have larger shreds.
- ☐ Place the celery root in a large bowl, sprinkle with 1 1/2 teaspoons of the salt and 2 tablespoons of lemon juice, and allow to stand at room temperature for about 30 minutes.
- ☐ Meanwhile, in a small bowl whisk together the mayonnaise, the 2 mustards, the remaining tablespoon of lemon juice, the vinegar, the remaining 1/4 teaspoon of salt, and the pepper.
- ☐ Add enough sauce to lightly moisten the salad. (You may have some sauce left over.)
- ☐ Serve cold or at room temperature.

Nutrition Facts



Properties

Glycemic Index:30.17, Glycemic Load:4.04, Inflammation Score:-3, Nutrition Score:11.647826124793%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 3.64mg, Apigenin: 3.64mg, Apigenin: 3.64mg, Apigenin: 3.64mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 322.43kcal (16.12%), Fat: 28.57g (43.95%), Saturated Fat: 4.5g (28.15%), Carbohydrates: 14.92g (4.97%), Net Carbohydrates: 11.96g (4.35%), Sugar: 2.89g (3.21%), Cholesterol: 15.68mg (5.23%), Sodium: 1121.74mg (48.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.87g (5.74%), Vitamin K: 122.95µg (117.09%), Phosphorus: 187.88mg (18.79%), Vitamin C: 15.03mg (18.21%), Potassium: 477.3mg (13.64%), Manganese: 0.27mg (13.39%), Vitamin B6: 0.26mg (12.97%), Vitamin E: 1.8mg (11.99%), Fiber: 2.96g (11.85%), Magnesium: 33.58mg (8.39%), Calcium: 72.2mg (7.22%), Iron: 1.24mg (6.87%), Vitamin B5: 0.62mg (6.21%), Vitamin B1: 0.09mg (6.04%), Vitamin B2: 0.1mg (6.02%), Copper: 0.12mg (5.94%), Vitamin B3: 1.09mg (5.47%), Selenium: 3.63µg (5.18%), Folate: 15.82µg (3.95%), Zinc: 0.59mg (3.95%)