



Celery Root Remoulade



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



4

CALORIES



164 kcal

SIDE DISH

Ingredients



1 tablespoon capers



1 celery root



1 teaspoon dijon mustard



1 egg yolk



1 tablespoon parsley fresh chopped



4 servings kosher salt and pepper black freshly ground



1 tablespoon juice of lemon



2 tablespoons relish

☐ 0.8 cup vegetable oil

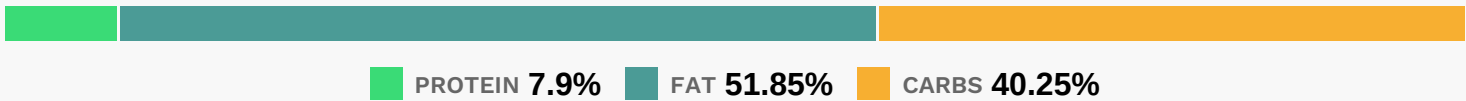
Equipment

- ☐ food processor
- ☐ blender
- ☐ plastic wrap

Directions

- ☐ Watch how to make this recipe.
- ☐ First make a mayonnaise as the base for the remoulade. In a food processor or blender, mix the egg yolk, lemon juice, and mustard, together until smooth. With the food processor or blender running, add the oil in a very thin stream, until the oil is incorporated into the egg and the mayonnaise is thick.
- ☐ Mix in the pickle relish, capers, and parsley, and season with salt, and pepper, to taste.
- ☐ Peel and grate the celery root. In order to keep the grated celery root from browning, immediately stir it into the remoulade until incorporated. Cover the sauce with plastic wrap and store in the refrigerator until ready to use.

Nutrition Facts



Properties

Glycemic Index:32.75, Glycemic Load:4.23, Inflammation Score:-4, Nutrition Score:12.248260720916%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 6.07mg, Apigenin: 6.07mg, Apigenin: 6.07mg, Apigenin: 6.07mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 2.64mg, Kaempferol: 2.64mg, Kaempferol: 2.64mg, Kaempferol: 2.64mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg

Nutrients (% of daily need)

Calories: 164.49kcal (8.22%), Fat: 9.97g (15.34%), Saturated Fat: 1.82g (11.38%), Carbohydrates: 17.41g (5.8%), Net Carbohydrates: 14.19g (5.16%), Sugar: 2.75g (3.06%), Cholesterol: 48.6mg (16.2%), Sodium: 316.23mg (13.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.42g (6.84%), Vitamin K: 98.76µg (94.06%), Phosphorus: 210.01mg (21%), Vitamin C: 15.95mg (19.33%), Potassium: 511.66mg (14.62%), Vitamin B6: 0.29mg (14.46%), Manganese: 0.28mg (14.1%), Fiber: 3.22g (12.9%), Vitamin E: 1.41mg (9.37%), Magnesium: 36.31mg (9.08%), Iron: 1.48mg (8.24%), Calcium: 79.69mg (7.97%), Vitamin B2: 0.13mg (7.62%), Vitamin B5: 0.72mg (7.22%), Copper: 0.14mg (6.76%), Vitamin B1: 0.1mg (6.45%), Vitamin B3: 1.21mg (6.07%), Selenium: 4.12µg (5.88%), Folate: 22.48µg (5.62%), Zinc: 0.68mg (4.56%), Vitamin A: 166.07IU (3.32%), Vitamin D: 0.24µg (1.62%), Vitamin B12: 0.09µg (1.46%)