



Celery -Root Rémoulade

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



78 kcal

SIDE DISH

Ingredients

- ☐ 1 fillet anchovy dried rinsed finely chopped
- ☐ 0.8 cup buttermilk well-shaken
- ☐ 1 tablespoon capers rinsed drained
- ☐ 1 pinch ground pepper
- ☐ 1 pound celery root shredded peeled
- ☐ 2 teaspoons cornstarch
- ☐ 0.5 teaspoon dijon mustard
- ☐ 1 large egg yolk

- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 tablespoon tarragon fresh chopped
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 1.5 teaspoons olive oil extra virgin extra-virgin
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon shallots finely chopped
- ☐ 0.5 teaspoon sugar
- ☐ 2 tablespoons water
- ☐ 1 tablespoon frangelico sour french chopped (gherkin)
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Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Whisk together 1/4 cup buttermilk, cornstarch, salt, and cayenne in a small heavy saucepan until smooth.
- ☐ Whisk in yolk, then remaining 1/2cup buttermilk. Cook over moderately low heat, whisking constantly, until mixture comes to a simmer and thickens, 4 to 5 minutes.
- ☐ Transfer to a small bowl.
- ☐ Whisk in oil, herbs, anchovy, cornichon, capers, shallot, mustard, sugar, lemon juice, and salt and pepper to taste. Chill rémoulade, covered, at least 30 minutes.
- ☐ Whisk water into rémoulade to thin and toss with celery root.
- ☐ ·Rémoulade may be chilled up to 1 day.
- ☐ Each serving about 74 calories and 3 grams fat
- ☐ Gourmet

Nutrition Facts



Properties

Glycemic Index:55.35, Glycemic Load:3.02, Inflammation Score:-3, Nutrition Score:7.4808695212654%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 3.26mg, Apigenin: 3.26mg, Apigenin: 3.26mg, Apigenin: 3.26mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.76mg, Kaempferol: 1.76mg, Kaempferol: 1.76mg, Kaempferol: 1.76mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg

Nutrients (% of daily need)

Calories: 77.91kcal (3.9%), Fat: 3.13g (4.81%), Saturated Fat: 1.08g (6.72%), Carbohydrates: 10.36g (3.45%), Net Carbohydrates: 8.8g (3.2%), Sugar: 3.11g (3.45%), Cholesterol: 34.3mg (11.43%), Sodium: 345.94mg (15.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.04g (6.07%), Vitamin K: 42.99µg (40.94%), Phosphorus: 129.74mg (12.97%), Manganese: 0.22mg (11.09%), Vitamin C: 8.26mg (10.01%), Potassium: 316.27mg (9.04%), Vitamin B6: 0.18mg (8.9%), Calcium: 87.19mg (8.72%), Vitamin B2: 0.13mg (7.8%), Fiber: 1.56g (6.22%), Iron: 1.1mg (6.12%), Magnesium: 23.83mg (5.96%), Selenium: 3.71µg (5.3%), Vitamin B5: 0.48mg (4.77%), Folate: 16.75µg (4.19%), Vitamin B1: 0.06mg (4.16%), Vitamin A: 205.03IU (4.1%), Copper: 0.08mg (4.01%), Vitamin B3: 0.78mg (3.89%), Vitamin D: 0.54µg (3.62%), Vitamin E: 0.54mg (3.6%), Zinc: 0.5mg (3.36%), Vitamin B12: 0.2µg (3.29%)