



WHATSheATE



Celery Root Remoulade for a Crunchy Practice Thanksgiving



Vegetarian



Gluten Free

READY IN



70 min.

SERVINGS



10

CALORIES



139 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



1.5 pound celery root



0.5 cup crème fraîche at room temperature ()



0.5 cup flat parsley chopped



1 teaspoon kosher salt



1 teaspoon juice of lemon freshly squeezed



0.5 teaspoon freshly cracked pepper black



1 cup walnuts toasted chopped ()

- ☐ 0.5 cup white wine vinaigrette (3 to 1 oil to vinegar ratio)
- ☐ 1 cup currents black
- ☐ 1 cup currents black

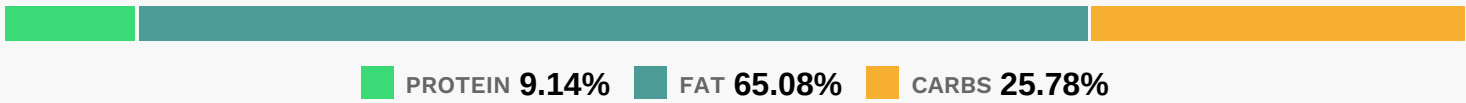
Equipment

- ☐ knife
- ☐ mixing bowl
- ☐ mandoline
- ☐ chefs knife

Directions

- ☐ Using a large, heavy chefs knife cut off the top and bottom of the celery root. Then use a sturdy paring knife to remove the skin. Be a bit aggressive in peeling. Next, use a mandoline or a chefs knife cut the celery root into 1/8-inch matchsticks. The end result should be about 1 pound.
- ☐ Combine the crème fraîche, vinaigrette and lemon juice in a medium mixing bowl; stir until well incorporated.
- ☐ Add the celery root, celery, walnuts, currants and parsley. Toss the ingredients together until blended. Cover and refrigerate two to eight hours before serving.
- ☐ Serve chilled.Like this:Like Loading...

Nutrition Facts



Properties

Glycemic Index:13.4, Glycemic Load:2.01, Inflammation Score:-5, Nutrition Score:9.7621737420559%

Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg

0.12mg, Hesperetin: 0.12mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg
Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin:
0.03mg, Luteolin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg
Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 0.14mg, Quercetin:
0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 139.15kcal (6.96%), Fat: 10.09g (15.53%), Saturated Fat: 1.94g (12.11%), Carbohydrates: 9g (3%), Net
Carbohydrates: 6.86g (2.49%), Sugar: 1.94g (2.16%), Cholesterol: 6.78mg (2.26%), Sodium: 306.69mg (13.33%),
Alcohol: 1.24g (100%), Alcohol %: 1.46% (100%), Protein: 3.19g (6.38%), Vitamin K: 77.8µg (74.09%), Manganese:
0.54mg (27.02%), Phosphorus: 131.56mg (13.16%), Copper: 0.24mg (12.11%), Vitamin C: 9.88mg (11.98%), Vitamin B6:
0.19mg (9.45%), Magnesium: 36.15mg (9.04%), Fiber: 2.13g (8.54%), Potassium: 297.12mg (8.49%), Vitamin A:
327.28IU (6.55%), Iron: 1.06mg (5.86%), Calcium: 58.17mg (5.82%), Folate: 22.4µg (5.6%), Vitamin B1: 0.08mg
(5.31%), Vitamin B2: 0.08mg (4.86%), Zinc: 0.67mg (4.48%), Vitamin B5: 0.36mg (3.64%), Vitamin B3: 0.67mg
(3.36%), Vitamin E: 0.39mg (2.63%), Selenium: 1.5µg (2.14%)