



Celery Root Salad

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



111 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 medium celery root
- 1 tablespoon dijon mustard
- 1 head frisée
- 2 tablespoons heavy cream
- 2 juice of lemon
- 8 servings kosher salt
- 3 tablespoons olive oil extra-virgin
- 8 servings pepper freshly ground

- 1 head radicchio thinly
- 1 teaspoon citrus champagne vinegar

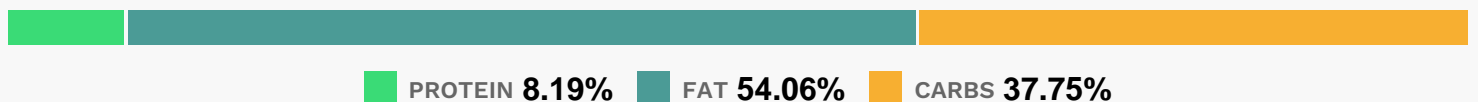
Equipment

- bowl
- knife
- whisk

Directions

- Fill a bowl with ice water; add half of the lemon juice and 1 tablespoon salt. Peel the celery root with a paring knife. Rinse, then cut into matchsticks.
- Add to the lemon water and let soak 15 minutes.
- Drain and pat dry.
- Whisk the remaining lemon juice, the mustard, vinegar, 1 teaspoon salt and 1/4 teaspoon pepper in a bowl; gradually whisk in the olive oil, then the cream.
- Add the celery root and toss; cover and refrigerate until ready to serve.
- Arrange the frisee and radicchio on a platter. Top with the celery root mixture.
- Photograph by Con Poulos

Nutrition Facts



Properties

Glycemic Index:12.38, Glycemic Load:2.12, Inflammation Score:-8, Nutrition Score:13.747391213865%

Flavonoids

Cyanidin: 44.45mg, Cyanidin: 44.45mg, Cyanidin: 44.45mg, Cyanidin: 44.45mg Delphinidin: 2.69mg, Delphinidin: 2.69mg, Delphinidin: 2.69mg, Delphinidin: 2.69mg 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: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg Luteolin: 13.89mg, Luteolin: 13.89mg, Luteolin: 13.89mg, Luteolin: 13.89mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Quercetin: 13.04mg, Quercetin: 13.04mg

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Nutrients (% of daily need)

Calories: 111kcal (5.55%), Fat: 7.1g (10.93%), Saturated Fat: 1.7g (10.64%), Carbohydrates: 11.16g (3.72%), Net Carbohydrates: 8.12g (2.95%), Sugar: 2.03g (2.26%), Cholesterol: 4.24mg (1.41%), Sodium: 317.34mg (13.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.42g (4.85%), Vitamin K: 210.11µg (200.1%), Vitamin A: 1681.96IU (33.64%), Vitamin C: 19.02mg (23.05%), Vitamin E: 2.53mg (16.88%), Manganese: 0.32mg (16.01%), Folate: 60.37µg (15.09%), Potassium: 483.87mg (13.82%), Copper: 0.26mg (13.21%), Phosphorus: 125.72mg (12.57%), Fiber: 3.04g (12.14%), Vitamin B6: 0.19mg (9.5%), Magnesium: 31.09mg (7.77%), Calcium: 74.6mg (7.46%), Vitamin B5: 0.73mg (7.34%), Iron: 1.11mg (6.14%), Vitamin B2: 0.1mg (5.67%), Vitamin B1: 0.07mg (4.63%), Zinc: 0.63mg (4.2%), Vitamin B3: 0.82mg (4.1%), Selenium: 1.73µg (2.47%)