



Creamy Celery-Root and Haricot Vert Salad

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



25 min.

SERVINGS



4

CALORIES



257 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup mayonnaise
- 1 pound celery root peeled quartered (celeriac)
- 2.5 teaspoons juice of lemon fresh
- 0.5 pound haricots verts trimmed halved thin
- 2 tablespoons parsley divided finely chopped
- 0.1 inch frangelico

Equipment

- bowl

Directions

- Stir together mayonnaise, lemon juice, and 1/4 teaspoon each of salt and pepper in a large bowl.
- Cut celery root with slicer into 1/8-inch-thick matchsticks and add to mayonnaise dressing.
- Cook beans in boiling salted water (1 tablespoon salt for 2 quarts water), uncovered, until just tender, about 4 minutes.
- Drain, then rinse under cold water to stop cooking.
- Drain well and pat dry.
- Toss beans and 1 tablespoon parsley with celery root.
- Serve sprinkled with remaining tablespoon parsley.

Nutrition Facts

PROTEIN 4.65% **FAT 72.86%** **CARBS 22.49%**

Properties

Glycemic Index:40.75, Glycemic Load:4.15, Inflammation Score:-6, Nutrition Score:12.79347822718%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 7.04mg, Apigenin: 7.04mg, Apigenin: 7.04mg, Apigenin: 7.04mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg

Nutrients (% of daily need)

Calories: 257.01kcal (12.85%), Fat: 21.43g (32.97%), Saturated Fat: 3.4g (21.24%), Carbohydrates: 14.89g (4.96%), Net Carbohydrates: 11.24g (4.09%), Sugar: 3.92g (4.35%), Cholesterol: 11.76mg (3.92%), Sodium: 295.75mg (12.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.08g (6.16%), Vitamin K: 149.31µg (142.2%), Vitamin C: 19.86mg (24.07%), Phosphorus: 159.24mg (15.92%), Manganese: 0.31mg (15.36%), Fiber: 3.65g (14.59%), Potassium: 479.73mg (13.71%), Vitamin B6: 0.27mg (13.63%), Vitamin A: 578.09IU (11.56%), Vitamin E: 1.58mg (10.53%), Magnesium: 38.32mg (9.58%), Iron: 1.56mg (8.68%), Folate: 32.85µg (8.21%), Vitamin B2: 0.13mg (7.93%), Calcium: 74.93mg (7.49%), Vitamin B1: 0.11mg (7.23%), Copper: 0.13mg (6.37%), Vitamin B3: 1.24mg (6.2%), Vitamin B5: 0.59mg (5.87%), Zinc: 0.58mg (3.84%), Selenium: 1.78µg (2.55%)