



Creamy Celery Root Remoulade with Walnuts



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

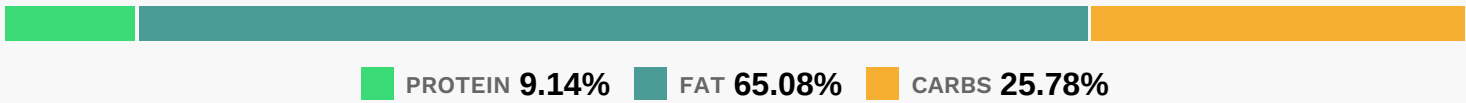
Equipment

- ☐ 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.

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 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

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%)