



Crunchy winter salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



169 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 450 g carrots
- ☐ 1 small celery root
- ☐ 1 onion red sliced
- ☐ 50 g pecans mixed good chopped
- ☐ 4 tbsp olive oil
- ☐ 2 tbsp red wine vinegar
- ☐ 1 tsp dijon mustard

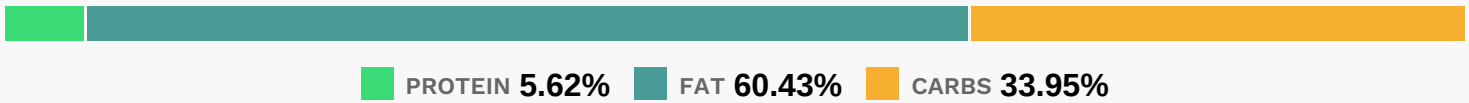
Equipment

- ☐ food processor
- ☐ whisk

Directions

- ☐ Peel the carrots and celeriac and grate in a food processor.
- ☐ Mix together with the onion and nuts.
- ☐ Whisk the oil and vinegar with some mustard, salt and pepper and toss with the salad immediately to stop the celeriac going brown. Cover and keep in the fridge for up to a day.

Nutrition Facts



Properties

Glycemic Index:18.85, Glycemic Load:4.2, Inflammation Score:-10, Nutrition Score:13.615217556124%

Flavonoids

Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg Delphinidin: 0.46mg, Delphinidin: 0.46mg, Delphinidin: 0.46mg, Delphinidin: 0.46mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Apigenin: 1.97mg, Apigenin: 1.97mg, Apigenin: 1.97mg, Apigenin: 1.97mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg

Nutrients (% of daily need)

Calories: 168.84kcal (8.44%), Fat: 11.91g (18.33%), Saturated Fat: 1.44g (9.01%), Carbohydrates: 15.06g (5.02%), Net Carbohydrates: 11.16g (4.06%), Sugar: 4.81g (5.34%), Cholesterol: 0mg (0%), Sodium: 127.93mg (5.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.49g (4.99%), Vitamin A: 9401.34IU (188.03%), Vitamin K: 45.23µg (43.08%), Manganese: 0.51mg (25.61%), Fiber: 3.9g (15.59%), Phosphorus: 135.4mg (13.54%), Potassium: 471.91mg (13.48%), Vitamin C: 10.93mg (13.24%), Vitamin B6: 0.24mg (12.09%), Vitamin E: 1.76mg (11.76%), Vitamin B1: 0.13mg (8.43%), Copper: 0.16mg (8.17%), Magnesium: 32.39mg (8.1%), Calcium: 61.72mg (6.17%), Vitamin B3: 1.21mg (6.07%), Vitamin B2: 0.09mg (5.51%), Iron: 0.99mg (5.5%), Folate: 21.22µg (5.3%), Vitamin B5: 0.51mg (5.12%), Zinc: 0.71mg (4.76%), Selenium: 1.14µg (1.63%)