



Grilled Artichoke and Celery Root Puree

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



218 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 20 ounce celery roots ends trimmed peeled cut into 1-inch pieces (celeriac)
- 1 tablespoon thyme leaves fresh chopped
- 1 pound artichoke hearts frozen thawed
- 2 cloves garlic minced
- 1 tablespoon kosher salt
- 1 teaspoon kosher salt
- 0.3 cup olive oil extra-virgin

- 1 tablespoon butter unsalted at room temperature
- 2 tablespoons butter unsalted at room temperature
- 0.7 cup milk whole at room temperature

Equipment

- food processor
- bowl
- frying pan
- sauce pan
- grill
- spatula
- colander
- grill pan

Directions

- Place the celery root in a 5-quart saucepan. Fill the pan halfway full with cold water.
- Add the butter and salt. Bring to a boil over high heat. Cook until tender, 20 to 25 minutes.
- Drain in a colander.
- Place a grill pan over medium-high heat or preheat a gas or charcoal grill. In a medium bowl, toss together the artichokes, oil, garlic, thyme, salt and pepper. Grill, turning with a spatula occasionally, until lightly charred, 2 to 3 minutes. Set aside to cool slightly.
- Place the artichokes in a food processor and blend until smooth.
- Add the cooked celery root, milk, butter, salt and pepper to the food processor. Blend, scraping down the sides of the bowl as needed, until the celery root is smooth and blends into the artichoke mixture.
- Transfer the puree to a serving bowl or keep warm over low heat in a large saucepan until ready to serve.

Nutrition Facts



■ PROTEIN 6.52% ■ FAT 74.86% ■ CARBS 18.62%

Properties

Glycemic Index:29.5, Glycemic Load:1.06, Inflammation Score:-9, Nutrition Score:10.553912992063%

Flavonoids

Apigenin: 2.73mg, Apigenin: 2.73mg, Apigenin: 2.73mg, Apigenin: 2.73mg Luteolin: 1.53mg, Luteolin: 1.53mg, Luteolin: 1.53mg, Luteolin: 1.53mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 217.58kcal (10.88%), Fat: 19.06g (29.32%), Saturated Fat: 5.88g (36.75%), Carbohydrates: 10.67g (3.56%), Net Carbohydrates: 5.98g (2.17%), Sugar: 2.59g (2.87%), Cholesterol: 18.3mg (6.1%), Sodium: 1673.07mg (72.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.73g (7.47%), Vitamin K: 35.77µg (34.07%), Folate: 130.07µg (32.52%), Fiber: 4.69g (18.75%), Manganese: 0.34mg (17.22%), Vitamin A: 816IU (16.32%), Vitamin E: 2.16mg (14.41%), Potassium: 489.3mg (13.98%), Vitamin B2: 0.21mg (12.14%), Vitamin C: 9.12mg (11.05%), Phosphorus: 98.62mg (9.86%), Calcium: 95.54mg (9.55%), Magnesium: 36.64mg (9.16%), Vitamin B6: 0.17mg (8.28%), Vitamin B1: 0.08mg (5.46%), Vitamin B3: 1.01mg (5.07%), Vitamin B5: 0.5mg (4.96%), Iron: 0.89mg (4.92%), Copper: 0.09mg (4.41%), Zinc: 0.52mg (3.47%), Vitamin D: 0.4µg (2.69%), Vitamin B12: 0.16µg (2.64%), Selenium: 1.27µg (1.81%)