



WHATSHEATE



Kohlrabi and Apple Salad with Caraway



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



277 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 teaspoon caraway seeds
- ☐ 1 tablespoon dijon mustard
- ☐ 4 tablespoons chives fresh divided chopped
- ☐ 6 cups salad leaves curly endive
- ☐ 2 medium celery root peeled thinly sliced (celeriac)
- ☐ 4 servings pepper freshly ground
- ☐ 3 tablespoons olive oil
- ☐ 1 apples red crisp thinly sliced (such as Pink Lady or Honeycrisp)

☐ 2 tablespoons citrus champagne vinegar

Equipment

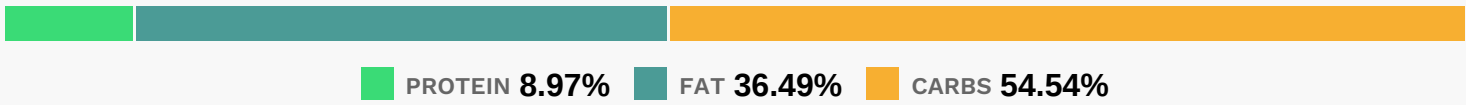
☐ bowl

☐ whisk

Directions

- ☐ Toast caraway seeds in a small dry skillet over medium heat, tossing often, until fragrant, about 3 minutes.
- ☐ Let cool, then coarsely chop.
- ☐ Whisk caraway, oil, vinegar, and mustard in a large bowl; season with salt and pepper.
- ☐ Add kohlrabi, frisée, apple, and 2 tablespoons chives to bowl with dressing and toss to coat; season with salt and pepper.
- ☐ Top salad with remaining 2 tablespoons chives just before serving.
- ☐ Per serving: 210 calories, 11 g fat, 6 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:44, Glycemic Load:10.13, Inflammation Score:-10, Nutrition Score:29.383043309917%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Apigenin: 8.42mg, Apigenin: 8.42mg, Apigenin: 8.42mg, Apigenin: 8.42mg Luteolin: 1.63mg, Luteolin: 1.63mg, Luteolin: 1.63mg, Luteolin: 1.63mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 2.2mg, Kaempferol: 2.2mg, Kaempferol: 2.2mg, Kaempferol: 2.2mg Quercetin: 7.42mg, Quercetin: 7.42mg, Quercetin: 7.42mg, Quercetin: 7.42mg

Nutrients (% of daily need)

Calories: 276.76kcal (13.84%), Fat: 12g (18.46%), Saturated Fat: 1.79g (11.2%), Carbohydrates: 40.37g (13.46%), Net Carbohydrates: 29.97g (10.9%), Sugar: 10.57g (11.74%), Cholesterol: 0mg (0%), Sodium: 401.46mg (17.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.64g (13.28%), Vitamin K: 370.38µg (352.74%), Vitamin A: 4447.93IU (88.96%), Vitamin C: 47.99mg (58.17%), Manganese: 0.9mg (45.04%), Phosphorus: 423.39mg (42.34%), Fiber: 10.39g (41.57%), Potassium: 1364.3mg (38.98%), Vitamin B6: 0.64mg (32.12%), Vitamin E: 4.49mg (29.95%), Folate: 113.34µg (28.34%), Copper: 0.48mg (23.76%), Magnesium: 94.6mg (23.65%), Calcium: 227.05mg (22.7%), Vitamin B5: 2.06mg (20.63%), Iron: 3.3mg (18.31%), Vitamin B2: 0.29mg (17.05%), Vitamin B1: 0.23mg (15.11%), Vitamin B3: 2.75mg (13.76%), Zinc: 1.48mg (9.85%), Selenium: 3.87µg (5.52%)