



Mushroom, Chicory, and Celery-Root Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



74 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 ounces celery root
- 0.3 cup champagne vinegar
- 0.5 teaspoon thyme leaves fresh
- 1 garlic clove
- 1 teaspoon honey
- 0.8 teaspoon kosher salt divided
- 1.5 pounds cultivated mushrooms such as maitake wild mixed
- 0.5 cup olive oil extra-virgin divided

- 0.3 teaspoon pepper
- 2 teaspoons whole-grain mustard
- 12 cups chicories such as escarole and radicchio, leaves torn into bite-size pieces loosely packed

Equipment

- bowl
- baking sheet
- oven
- chefs knife

Directions

- Preheat oven to 37
- Wipe dirt off mushrooms, trim tough stems, and cut large mushrooms to make all pieces about the same size. Toss in a bowl with 1/4 cup oil, 1/2 tsp. salt, and the pepper.
- Spread on a rimmed baking sheet.
- Bake, stirring occasionally, until browned, 30 to 45 minutes.
- Let cool.
- Sprinkle peeled garlic clove with remaining 1/4 tsp. salt, mince, and then flatten with side of chef's knife into a paste. Scrape paste into a jar with a tight-fitting lid and add mustard, honey, thyme, vinegar, and remaining 1/4 cup oil. Cap jar and shake until emulsified.
- Peel celery root, then cut into matchsticks, dropping them into a bowl of water to prevent darkening. Pat dry, then put in a large salad bowl and add chicories and mushrooms. Toss gently with dressing.
- Make ahead: Dressing, up to 1 day ahead, chilled. Prep vegetables 1 day ahead (chill celery root matchsticks in water), then dress just before serving.

Nutrition Facts

  
PROTEIN 19.6% **FAT 36.02%** **CARBS 44.38%**

Properties

Glycemic Index:32.28, Glycemic Load:1.78, Inflammation Score:-6, Nutrition Score:13.660869480475%

Flavonoids

Cyanidin: 76.19mg, Cyanidin: 76.19mg, Cyanidin: 76.19mg, Cyanidin: 76.19mg Delphinidin: 4.61mg, Delphinidin: 4.61mg, Delphinidin: 4.61mg, Delphinidin: 4.61mg Apigenin: 0.7mg, Apigenin: 0.7mg, Apigenin: 0.7mg, Apigenin: 0.7mg Luteolin: 22.86mg, Luteolin: 22.86mg, Luteolin: 22.86mg, Luteolin: 22.86mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 18.96mg, Quercetin: 18.96mg, Quercetin: 18.96mg, Quercetin: 18.96mg

Nutrients (% of daily need)

Calories: 73.97kcal (3.7%), Fat: 3.27g (5.03%), Saturated Fat: 0.48g (2.99%), Carbohydrates: 9.07g (3.02%), Net Carbohydrates: 7.07g (2.57%), Sugar: 3.24g (3.6%), Cholesterol: 0mg (0%), Sodium: 278.34mg (12.1%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 4.01g (8.01%), Vitamin K: 166.38µg (158.45%), Copper: 0.5mg (24.99%), Vitamin B2: 0.38mg (22.23%), Vitamin B3: 3.44mg (17.18%), Potassium: 545.11mg (15.57%), Vitamin B5: 1.54mg (15.42%), Phosphorus: 132.53mg (13.25%), Folate: 52.91µg (13.23%), Selenium: 9.14µg (13.05%), Vitamin E: 1.86mg (12.4%), Vitamin C: 9.22mg (11.17%), Manganese: 0.19mg (9.69%), Vitamin B6: 0.18mg (8.79%), Fiber: 2g (7.99%), Vitamin B1: 0.1mg (6.39%), Zinc: 0.93mg (6.19%), Iron: 1.07mg (5.97%), Magnesium: 22.45mg (5.61%), Calcium: 29.05mg (2.91%), Vitamin D: 0.17µg (1.13%)