



Open-Face Chicken Sandwiches with Celery Root Salad

READY IN



25 min.

SERVINGS



4

CALORIES



609 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound celery root peeled
- ☐ 2 tablespoons champagne vinegar
- ☐ 2 tbsp chives coarsely chopped
- ☐ 0.3 cup crème fraîche
- ☐ 1 teaspoon dijon mustard
- ☐ 1 teaspoon kosher salt divided
- ☐ 0.3 cup mayonnaise
- ☐ 2 tablespoons olive oil

- ☐ 0.8 teaspoon pepper divided
- ☐ 1 small shallots thinly sliced
- ☐ 4 slices sourdough bread toasted
- ☐ 20 oz boned

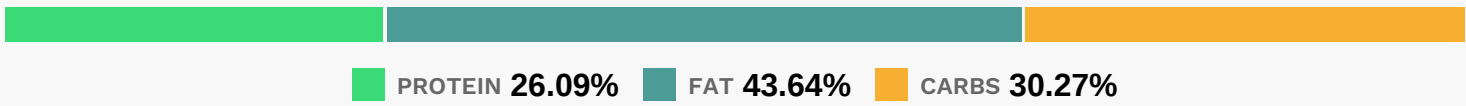
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan

Directions

- ☐ Coarsely shred celery root in a food processor fitted with the shredding attachment.
- ☐ Transfer to a medium bowl.
- ☐ Add mayonnaise, crme frache, vinegar, mustard, shallot, and 2 tbsp. chives and mix well. Season to taste with 1/2 tsp. salt and 1/4 tsp. pepper. Set aside while you cook the chicken.
- ☐ Slice each chicken breast in half horizontally to make 4 thin chicken scaloppine. Season chicken with remaining 1/2 tsp. each salt and pepper.
- ☐ Set a large (not nonstick) frying pan over medium-high heat; when hot, add oil. Cook chicken until browned, 2 1/2 to 3 minutes. Turn and cook until fully cooked through, 2 to 3 minutes.
- ☐ Top toasts with chicken and spoon on celery root salad. Slice each toast in half and sprinkle salad with more chives if you like.
- ☐ *To prep celery root, cut off the ends, then set the root flat. Following the curve, cut off all the peel. If you're not going to use it soon, set the trimmed root in a bowl of water with a couple of tablespoons of lemon juice added to prevent it from turning brown.

Nutrition Facts



Properties

Glycemic Index:76.13, Glycemic Load:28.91, Inflammation Score:-7, Nutrition Score:30.878261358842%

Flavonoids

Apigenin: 2.74mg, Apigenin: 2.74mg, Apigenin: 2.74mg, Apigenin: 2.74mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 608.65kcal (30.43%), Fat: 29.38g (45.21%), Saturated Fat: 5.85g (36.53%), Carbohydrates: 45.86g (15.29%), Net Carbohydrates: 42.03g (15.28%), Sugar: 5.91g (6.56%), Cholesterol: 107.04mg (35.68%), Sodium: 1382.82mg (60.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.54g (79.07%), Selenium: 65.95µg (94.22%), Vitamin B3: 18.71mg (93.55%), Vitamin K: 85.96µg (81.87%), Vitamin B6: 1.35mg (67.51%), Phosphorus: 517.29mg (51.73%), Vitamin B1: 0.61mg (40.95%), Manganese: 0.62mg (31.03%), Vitamin B2: 0.52mg (30.31%), Potassium: 996.53mg (28.47%), Vitamin B5: 2.75mg (27.45%), Folate: 99.11µg (24.78%), Iron: 4.1mg (22.8%), Magnesium: 85.14mg (21.28%), Vitamin E: 2.5mg (16.67%), Fiber: 3.84g (15.34%), Vitamin C: 12.32mg (14.93%), Zinc: 1.99mg (13.25%), Copper: 0.24mg (11.8%), Calcium: 112.16mg (11.22%), Vitamin B12: 0.34µg (5.6%), Vitamin A: 212.7IU (4.25%), Vitamin D: 0.18µg (1.19%)