



Pan Seared Walleye with Celery Root Puree and Apple Salad

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



296 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 ounces butter
- ☐ 4 ounces celery root diced peeled
- ☐ 1 pound walleye fillets cut into 3-ounce pieces
- ☐ 4 ounces granny smith apples diced peeled
- ☐ 1 ounce lemon infused olive oil
- ☐ 1 delicious apple red julienned
- ☐ 1 bunch watercress

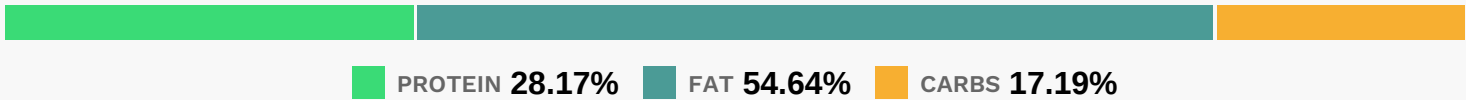
Equipment

- ☐ oven
- ☐ potato masher

Directions

- ☐ Preheat oven to 400 degrees F.
- ☐ Saute walleye over high heat until golden brown and flip.
- ☐ Place in the oven for 4 to 6 minutes or until fish is cooked to medium (about 140 degrees F).
- ☐ Boil diced celery root and Granny Smith apples in salted water until tender and remove from liquid.
- ☐ Add butter and mash with potato masher until smooth. Season with salt and pepper.
- ☐ Toss julienned apples with lemon oil and watercress and set aside.
- ☐ Place a small amount of puree on each plate and cover with a piece of fish.
- ☐ Garnish with apple salad.

Nutrition Facts



Properties

Glycemic Index:45.25, Glycemic Load:3.45, Inflammation Score:-6, Nutrition Score:12.588695619417%

Flavonoids

Cyanidin: 1.16mg, Cyanidin: 1.16mg, Cyanidin: 1.16mg, Cyanidin: 1.16mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.96mg, Catechin: 0.96mg, Catechin: 0.96mg, Catechin: 0.96mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 5.56mg, Epicatechin: 5.56mg, Epicatechin: 5.56mg, Epicatechin: 5.56mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Apigenin: 0.68mg, Apigenin: 0.68mg, Apigenin: 0.68mg, Apigenin: 0.68mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 1.54mg, Kaempferol: 1.54mg, Kaempferol: 1.54mg, Kaempferol: 1.54mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.89mg, Quercetin: 4.89mg, Quercetin: 4.89mg, Quercetin: 4.89mg

Nutrients (% of daily need)

Calories: 296.43kcal (14.82%), Fat: 18.22g (28.03%), Saturated Fat: 11.12g (69.51%), Carbohydrates: 12.89g (4.3%), Net Carbohydrates: 10.58g (3.85%), Sugar: 8.16g (9.07%), Cholesterol: 94.47mg (31.49%), Sodium: 229.6mg (9.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.14g (42.28%), Selenium: 38µg (54.29%), Vitamin K: 30.47µg (29.02%), Phosphorus: 279.78mg (27.98%), Potassium: 658.13mg (18.8%), Vitamin B6: 0.36mg (18.18%), Vitamin B12: 1.07µg (17.8%), Vitamin A: 816.02IU (16.32%), Vitamin B3: 2.63mg (13.13%), Magnesium: 47.39mg (11.85%), Vitamin C: 9.49mg (11.5%), Vitamin E: 1.52mg (10.11%), Fiber: 2.31g (9.26%), Vitamin B1: 0.12mg (7.97%), Vitamin B2: 0.12mg (7.33%), Vitamin D: 1.02µg (6.8%), Manganese: 0.1mg (5.14%), Calcium: 47.37mg (4.74%), Zinc: 0.66mg (4.4%), Iron: 0.73mg (4.08%), Copper: 0.08mg (3.82%), Vitamin B5: 0.36mg (3.61%), Folate: 13.62µg (3.41%)