



Peas with Celery Root



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



129 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter ()
- ☐ 1.3 pounds celery root peeled cut into 1/2-inch pieces (celeriac)
- ☐ 1 teaspoon celery salt
- ☐ 16 ounce peas frozen thawed
- ☐ 1 shallots chopped

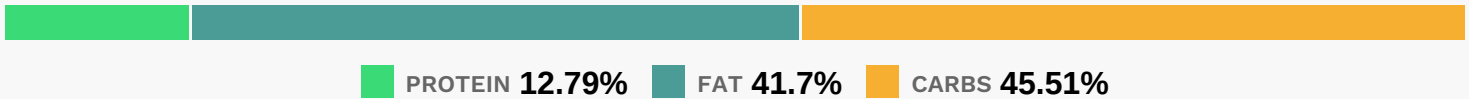
Equipment

- ☐ pot

Directions

- ☐ Boil celery root in large pot of boiling salted water until just tender, about 5 minutes.
- ☐ Drain.Melt butter in heavy large pot over medium heat.
- ☐ Add shallot and sauté until just tender, about 3 minutes.
- ☐ Add celery root, peas, and celery salt; sauté until vegetables are heated through, about 8 minutes. Season to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:19.92, Glycemic Load:4.15, Inflammation Score:-6, Nutrition Score:10.596956448063%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 1.71mg, Apigenin: 1.71mg, Apigenin: 1.71mg, Apigenin: 1.71mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 128.81kcal (6.44%), Fat: 6.2g (9.53%), Saturated Fat: 3.74g (23.39%), Carbohydrates: 15.21g (5.07%), Net Carbohydrates: 10.61g (3.86%), Sugar: 4.6g (5.11%), Cholesterol: 15.25mg (5.08%), Sodium: 410.38mg (17.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.27g (8.55%), Vitamin K: 43.64µg (41.56%), Vitamin C: 28.6mg (34.67%), Fiber: 4.61g (18.43%), Manganese: 0.35mg (17.72%), Phosphorus: 146.32mg (14.63%), Vitamin B1: 0.19mg (12.57%), Vitamin A: 611.15IU (12.22%), Vitamin B6: 0.22mg (11.19%), Folate: 43.8µg (10.95%), Potassium: 363.17mg (10.38%), Vitamin B3: 1.69mg (8.45%), Magnesium: 33.69mg (8.42%), Iron: 1.37mg (7.62%), Copper: 0.15mg (7.62%), Vitamin B2: 0.12mg (7.08%), Zinc: 0.96mg (6.38%), Calcium: 47.69mg (4.77%), Vitamin E: 0.49mg (3.3%), Vitamin B5: 0.33mg (3.25%), Selenium: 1.63µg (2.32%)