



## Roast, curried celeriac chunks



Vegetarian



Gluten Free



Low Fod Map

READY IN



60 min.

SERVINGS



4

CALORIES



228 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 85 g butter
- ☐ 1 tbsp curry powder
- ☐ 1 tsp mustard seed black
- ☐ 1 large celery root

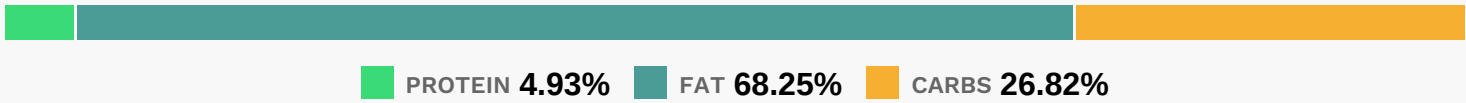
## Equipment

- ☐ frying pan
- ☐ oven

# Directions

- ☐ Heat the oven to fan 190C/conventional 210C/gas
- ☐ Heat the butter in a small pan, add the curry powder and black mustard seeds then cook for 2–3 minutes until fragrant and bubbling. Peel and dice the celeriac and tip into a roasting tray.
- ☐ Pour over the curried butter, season with salt and pepper and toss together. Roast for 40–50 minutes, shaking the tray every so often, until the celeriac is golden and has taken on the colour of the curry powder.

## Nutrition Facts



## Properties

Glycemic Index:22.5, Glycemic Load:4.23, Inflammation Score:-5, Nutrition Score:11.072608590126%

## Flavonoids

Apigenin: 3.92mg, Apigenin: 3.92mg, Apigenin: 3.92mg, Apigenin: 3.92mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

## Nutrients (% of daily need)

Calories: 228.27kcal (11.41%), Fat: 18.12g (27.88%), Saturated Fat: 11.1g (69.35%), Carbohydrates: 16.02g (5.34%), Net Carbohydrates: 12.51g (4.55%), Sugar: 2.69g (2.99%), Cholesterol: 45.69mg (15.23%), Sodium: 300.02mg (13.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.95g (5.9%), Vitamin K: 69.71µg (66.39%), Phosphorus: 201.61mg (20.16%), Manganese: 0.34mg (16.83%), Vitamin C: 13.22mg (16.02%), Potassium: 520.59mg (14.87%), Vitamin B6: 0.29mg (14.44%), Fiber: 3.51g (14.04%), Vitamin A: 546.72IU (10.93%), Magnesium: 38.78mg (9.69%), Vitamin E: 1.45mg (9.66%), Iron: 1.65mg (9.19%), Calcium: 83.83mg (8.38%), Vitamin B2: 0.11mg (6.5%), Copper: 0.13mg (6.49%), Vitamin B3: 1.22mg (6.12%), Vitamin B1: 0.09mg (6.02%), Vitamin B5: 0.6mg (5.99%), Zinc: 0.65mg (4.33%), Folate: 16.87µg (4.22%), Selenium: 2.66µg (3.8%)