



Shaved Celery, Celery Root, and Radish Salad

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



323 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 fillet anchovy dry with the side of a knife (1 teaspoon) minced rinsed mashed
- 0.1 teaspoon pepper black as needed freshly ground plus more
- 2 tablespoons capers
- 1 small celery root peeled quartered
- 4.5 teaspoons champagne vinegar
- 4 servings kosher salt
- 4.5 teaspoons juice of lemon freshly squeezed
- 0.3 cup olive oil extra virgin extra-virgin

- 3 ounce parmesan shaved with a vegetable peeler chunk
- 2 tablespoons parsley fresh italian coarsely chopped
- 1 bunch radishes ends trimmed
- 1 tablespoon shallots finely chopped

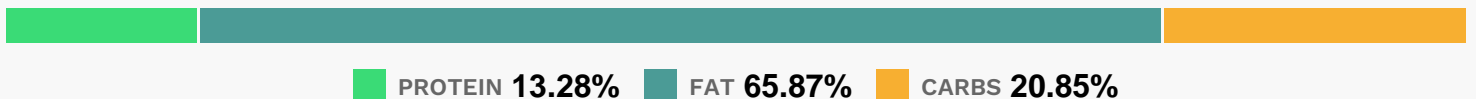
Equipment

- bowl
- whisk

Directions

- Place the anchovy paste, shallot, lemon juice, vinegar, and pepper in a small, nonreactive bowl, whisk to combine, and let sit for about 10 minutes. Meanwhile, very thinly slice the celery stalks, celery root, and radishes and place in a large bowl. When the anchovy mixture is ready, slowly drizzle in the oil, whisking continuously, until all of the oil is incorporated. Season with salt and additional pepper as needed.
- Pour the dressing over the vegetables and toss to combine. Taste and season with salt and pepper as needed.
- Transfer the salad to a large serving plate and arrange in an even layer.
- Sprinkle with the capers, celery leaves (if using), parsley leaves, and Parmesan and serve.

Nutrition Facts



Properties

Glycemic Index:47, Glycemic Load:4.59, Inflammation Score:-6, Nutrition Score:16.32565216137%

Flavonoids

Pelargonidin: 7.89mg, Pelargonidin: 7.89mg, Pelargonidin: 7.89mg, Pelargonidin: 7.89mg Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 8.24mg, Apigenin: 8.24mg, Apigenin: 8.24mg, Apigenin: 8.24mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 5.39mg, Kaempferol: 5.39mg, Kaempferol: 5.39mg, Kaempferol: 5.39mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 7.22mg, Quercetin:

7.22mg, Quercetin: 7.22mg, Quercetin: 7.22mg

Nutrients (% of daily need)

Calories: 322.55kcal (16.13%), Fat: 24.21g (37.24%), Saturated Fat: 6.16g (38.5%), Carbohydrates: 17.25g (5.75%), Net Carbohydrates: 13.81g (5.02%), Sugar: 3.37g (3.75%), Cholesterol: 16.26mg (5.42%), Sodium: 817.96mg (35.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.98g (21.96%), Vitamin K: 111.89µg (106.57%), Phosphorus: 346.21mg (34.62%), Calcium: 335.69mg (33.57%), Vitamin C: 20.09mg (24.35%), Vitamin E: 3.3mg (22.01%), Potassium: 577.74mg (16.51%), Vitamin B6: 0.31mg (15.74%), Manganese: 0.3mg (14.85%), Fiber: 3.43g (13.73%), Magnesium: 47.85mg (11.96%), Vitamin B2: 0.19mg (11.15%), Selenium: 7.18µg (10.26%), Iron: 1.81mg (10.06%), Vitamin B3: 1.71mg (8.55%), Zinc: 1.26mg (8.38%), Copper: 0.16mg (7.79%), Vitamin B5: 0.73mg (7.33%), Vitamin A: 343.21IU (6.86%), Vitamin B1: 0.1mg (6.54%), Folate: 23.83µg (5.96%), Vitamin B12: 0.27µg (4.56%)