



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
- 6 celery stalks

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



PROTEIN 13.29% **FAT 65.7%** **CARBS 21.01%**

Properties

Glycemic Index:55, Glycemic Load:4.62, Inflammation Score:-6, Nutrition Score:16.504782674105%

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: 8.41mg, Apigenin: 8.41mg, Apigenin: 8.41mg, Apigenin: 8.41mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg

0.11mg, Luteolin: 0.11mg Kaempferol: 5.4mg, Kaempferol: 5.4mg, Kaempferol: 5.4mg, Kaempferol: 5.4mg Myricetin:
0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 7.24mg, Quercetin: 7.24mg, Quercetin:
7.24mg, Quercetin: 7.24mg

Nutrients (% of daily need)

Calories: 323.39kcal (16.17%), Fat: 24.22g (37.25%), Saturated Fat: 6.16g (38.51%), Carbohydrates: 17.42g (5.81%),
Net Carbohydrates: 13.9g (5.05%), Sugar: 3.46g (3.84%), Cholesterol: 16.26mg (5.42%), Sodium: 822.76mg
(35.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.02g (22.04%), Vitamin K: 113.65µg (108.24%),
Phosphorus: 347.65mg (34.77%), Calcium: 338.09mg (33.81%), Vitamin C: 20.27mg (24.57%), Vitamin E: 3.32mg
(22.12%), Potassium: 593.34mg (16.95%), Vitamin B6: 0.32mg (15.96%), Manganese: 0.3mg (15.16%), Fiber: 3.53g
(14.11%), Magnesium: 48.51mg (12.13%), Vitamin B2: 0.19mg (11.36%), Selenium: 7.2µg (10.29%), Iron: 1.82mg (10.13%),
Vitamin B3: 1.73mg (8.65%), Zinc: 1.27mg (8.44%), Copper: 0.16mg (7.89%), Vitamin B5: 0.75mg (7.48%), Vitamin A:
370.15IU (7.4%), Vitamin B1: 0.1mg (6.62%), Folate: 25.99µg (6.5%), Vitamin B12: 0.27µg (4.56%)