



WHATSheATE



Shaved Kohlrabi with Apple and Hazelnuts



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



202 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup hazelnuts
- ☐ 2 medium kohlrabi bulb peeled thinly sliced (2 pounds total)
- ☐ 4 servings kosher salt
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 teaspoon lemon zest finely grated
- ☐ 0.5 cup mint leaves fresh plus more for serving
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 0.3 cup pecorino cheese shaved

- ☐ 1 baking apples are apples that have a sweet-tart balance and hold their shape when cored peeled thinly sliced (such as Pink Lady or Crispin)
- ☐ 1 tablespoon balsamic vinegar

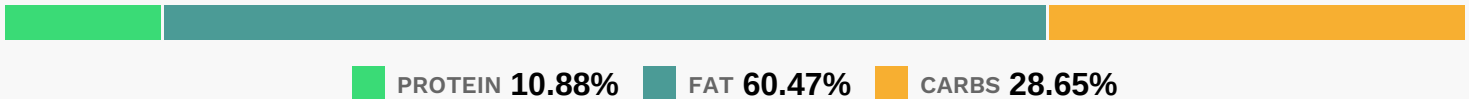
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 350°F. Toast hazelnuts on arimmed baking sheet, tossing occasionally,until golden brown, 10–12 minutes.
- ☐ Let cool,then coarsely chop.
- ☐ Toss kohlrabi, apple, lemon zest, lemonjuice, and vinegar in a medium bowl; seasonwith salt.
- ☐ Add 1/2 cup mint and gently tossto just combine.
- ☐ Toss toasted hazelnuts and oil in a smallbowl to coat; season with salt.
- ☐ Divide kohlrabi salad among plates andtop with seasoned hazelnuts, Pecorino, andmore mint.
- ☐ DO AHEAD: Hazelnuts can be toasted1 day ahead; store airtight at roomtemperature.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:2.61, Inflammation Score:-6, Nutrition Score:13.293913056669%

Flavonoids

Cyanidin: 1.72mg, Cyanidin: 1.72mg, Cyanidin: 1.72mg, Cyanidin: 1.72mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg Epicatechin: 3.46mg, Epicatechin: 3.46mg, Epicatechin: 3.46mg, Epicatechin: 3.46mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg Eriodictyol: 1.92mg, Eriodictyol: 1.92mg, Eriodictyol: 1.92mg, Eriodictyol: 1.92mg Hesperetin: 1.11mg,

Hesperetin: 1.11mg, Hesperetin: 1.11mg, Hesperetin: 1.11mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg Luteolin: 1.75mg, Luteolin: 1.75mg, Luteolin: 1.75mg, Luteolin: 1.75mg Kaempferol: 1.89mg, Kaempferol: 1.89mg, Kaempferol: 1.89mg, Kaempferol: 1.89mg Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg

Nutrients (% of daily need)

Calories: 201.64kcal (10.08%), Fat: 14.52g (22.34%), Saturated Fat: 2.26g (14.12%), Carbohydrates: 15.48g (5.16%), Net Carbohydrates: 9.74g (3.54%), Sugar: 8.08g (8.98%), Cholesterol: 6.5mg (2.17%), Sodium: 287.03mg (12.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.88g (11.76%), Vitamin C: 53.1mg (64.36%), Manganese: 1.12mg (56%), Fiber: 5.73g (22.94%), Vitamin E: 3.22mg (21.44%), Copper: 0.39mg (19.47%), Phosphorus: 135.7mg (13.57%), Potassium: 459.38mg (13.13%), Magnesium: 48.78mg (12.2%), Calcium: 119.79mg (11.98%), Vitamin B6: 0.23mg (11.52%), Vitamin B1: 0.15mg (9.98%), Folate: 37.95µg (9.49%), Iron: 1.45mg (8.05%), Vitamin A: 319.81IU (6.4%), Vitamin K: 5.45µg (5.19%), Vitamin B2: 0.08mg (4.86%), Zinc: 0.64mg (4.25%), Vitamin B3: 0.72mg (3.58%), Vitamin B5: 0.34mg (3.4%), Selenium: 1.8µg (2.57%), Vitamin B12: 0.07µg (1.17%)