



Shredded Celery Root-Apple Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



231 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 small honeycrisp apples sliced
- 1 pound celery root peeled sliced
- 2 tablespoons juice of lemon
- 0.7 cup mayonnaise
- 2 tablespoons mustard coarse-grained
- 0.3 teaspoon pepper
- 0.5 teaspoon salt

Equipment

food processor

bowl

Directions

Shred celery root and apples in a food processor using shredding disc; place in a large bowl.

Stir together mayonnaise and next 4 ingredients.

Pour over celery root mixture; toss to coat. Cover and chill 20 minutes to 24 hours before serving.

*Pink Lady apples may be substituted.

Nutrition Facts

PROTEIN 2.93% FAT 72.45% CARBS 24.62%

Properties

Glycemic Index:30.17, Glycemic Load:3.87, Inflammation Score:-2, Nutrition Score:7.7669565794261%

Flavonoids

Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 3.74mg, Epicatechin: 3.74mg, Epicatechin: 3.74mg, Epicatechin: 3.74mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 1.82mg, Apigenin: 1.82mg, Apigenin: 1.82mg, Apigenin: 1.82mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg

Nutrients (% of daily need)

Calories: 231.18kcal (11.56%), Fat: 19.11g (29.4%), Saturated Fat: 3g (18.76%), Carbohydrates: 14.61g (4.87%), Net Carbohydrates: 11.81g (4.29%), Sugar: 6.71g (7.46%), Cholesterol: 10.45mg (3.48%), Sodium: 483mg (21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.74g (3.48%), Vitamin K: 72.87µg (69.4%), Vitamin C: 10.29mg (12.47%), Fiber: 2.8g (11.22%), Phosphorus: 103.56mg (10.36%), Manganese: 0.17mg (8.56%), Potassium: 298.71mg (8.53%), Vitamin E: 1.2mg (8.03%), Vitamin B6: 0.15mg (7.65%), Magnesium: 20.7mg (5.17%), Calcium: 41.42mg (4.14%), Iron: 0.73mg (4.08%), Selenium: 2.81µg (4.02%), Vitamin B1: 0.06mg (3.96%), Vitamin B2: 0.07mg (3.95%), Copper:

0.08mg (3.84%), Vitamin B5: 0.36mg (3.62%), Vitamin B3: 0.61mg (3.04%), Folate: 10.15µg (2.54%), Zinc: 0.34mg (2.28%)