



Shredded Root Salad



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



212 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 oz beets trimmed cut into wedges
- ☐ 0.5 teaspoon pepper black
- ☐ 2 large carrots
- ☐ 1 small celery root peeled cut into wedges
- ☐ 2 tablespoons cider vinegar
- ☐ 0.3 cup herbs mixed fresh such as mint, dill, and parsley
- ☐ 1 juice of lemon
- ☐ 0.3 cup olive oil extra-virgin

- ☐ 6 radishes
- ☐ 1 teaspoon salt
- ☐ 0.3 cup whole-milk yogurt plain
- ☐ 1 large baking apples are apples that have a sweet-tart balance and hold their shape when such as granny smith, cut into wedges
- ☐ 2 tablespoons whole-grain dijon mustard

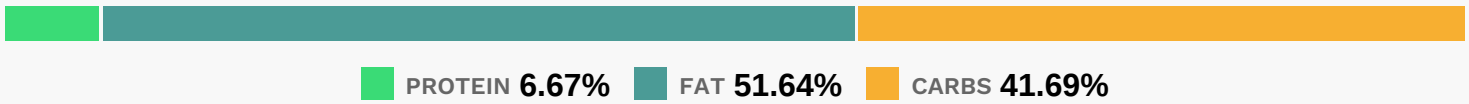
Equipment

- ☐ food processor
- ☐ bowl
- ☐ whisk
- ☐ spatula
- ☐ box grater

Directions

- ☐ Shred carrots, celery root, radish, apple, and beet in the food processor or on the coarse grate of a box grater, ending with the beets so that they don't stain the other vegetables. Toss together in a large bowl and set aside.
- ☐ Whisk together the lemon juice and vinegar.
- ☐ Whisk in yogurt and Dijon. Gradually drizzle in the olive oil, whisking constantly to make an emulsified dressing. Season with salt and pepper.
- ☐ Add dressing and herbs to shredded root vegetables and toss with a spatula.
- ☐ Serve cold or at room temperature.

Nutrition Facts



Properties

Glycemic Index:57.64, Glycemic Load:6.67, Inflammation Score:-10, Nutrition Score:17.884782703026%

Flavonoids

Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg Pelargonidin: 2.53mg, Pelargonidin: 2.53mg, Pelargonidin: 2.53mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg 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: 9.8mg, Apigenin: 9.8mg, Apigenin: 9.8mg, Apigenin: 9.8mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

Nutrients (% of daily need)

Calories: 212.08kcal (10.6%), Fat: 12.75g (19.62%), Saturated Fat: 1.81g (11.3%), Carbohydrates: 23.16g (7.72%), Net Carbohydrates: 18.15g (6.6%), Sugar: 10.66g (11.84%), Cholesterol: 0.27mg (0.09%), Sodium: 611.81mg (26.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.71g (7.41%), Vitamin K: 110.8µg (105.52%), Vitamin A: 4328.78IU (86.58%), Vitamin C: 20.75mg (25.15%), Manganese: 0.41mg (20.39%), Fiber: 5.02g (20.07%), Potassium: 645.63mg (18.45%), Phosphorus: 182.76mg (18.28%), Folate: 64.62µg (16.16%), Vitamin E: 2.41mg (16.07%), Vitamin B6: 0.27mg (13.59%), Magnesium: 43mg (10.75%), Calcium: 100.37mg (10.04%), Iron: 1.59mg (8.83%), Vitamin B2: 0.14mg (8.51%), Vitamin B1: 0.11mg (7.25%), Copper: 0.14mg (7.07%), Vitamin B5: 0.66mg (6.59%), Vitamin B3: 1.26mg (6.3%), Zinc: 0.78mg (5.2%), Selenium: 3.28µg (4.69%), Vitamin B12: 0.08µg (1.38%)