



Smoked Trout-Celery Root Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



278 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup almonds smoked toasted chopped (see note at left)
- ☐ 1 pound celery root peeled cut into matchstick-size slivers
- ☐ 1.5 tablespoons dijon mustard
- ☐ 0.3 cup green onions thinly sliced
- ☐ 0.3 cup juice of lemon
- ☐ 1.5 tablespoons mayonnaise
- ☐ 3 tablespoons olive oil
- ☐ 10 oz asian pear diced cored rinsed

- ☐ 8 oz radicchio thinly cored rinsed halved
- ☐ 6 servings salt and pepper
- ☐ 8 ounces trout smoked

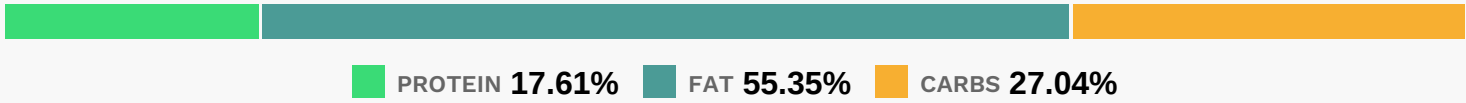
Equipment

- ☐ bowl

Directions

- ☐ In a large bowl, mix lemon juice, olive oil, mustard, and mayonnaise until well blended.
- ☐ Add celery root, pear, radicchio, trout, and green onions and mix to coat.
- ☐ Add salt and pepper to taste.
- ☐ Spoon salad onto plates and sprinkle almonds on top, or mix in almonds and serve salad from bowl.

Nutrition Facts



Properties

Glycemic Index:32.63, Glycemic Load:4.25, Inflammation Score:-6, Nutrition Score:19.038695617376%

Flavonoids

Cyanidin: 49.27mg, Cyanidin: 49.27mg, Cyanidin: 49.27mg, Cyanidin: 49.27mg Delphinidin: 2.9mg, Delphinidin: 2.9mg, Delphinidin: 2.9mg, Delphinidin: 2.9mg Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 1.85mg, Epicatechin: 1.85mg, Epicatechin: 1.85mg, Epicatechin: 1.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 1.83mg, Apigenin: 1.83mg, Apigenin: 1.83mg, Apigenin: 1.83mg Luteolin: 14.36mg, Luteolin: 14.36mg, Luteolin: 14.36mg, Luteolin: 14.36mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 12.97mg, Quercetin: 12.97mg, Quercetin: 12.97mg, Quercetin: 12.97mg

Nutrients (% of daily need)

Calories: 278.19kcal (13.91%), Fat: 17.86g (27.48%), Saturated Fat: 2.42g (15.15%), Carbohydrates: 19.63g (6.54%), Net Carbohydrates: 14.68g (5.34%), Sugar: 6.99g (7.76%), Cholesterol: 41.54mg (13.85%), Sodium: 370.65mg (16.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.79g (25.57%), Vitamin K: 148.06µg (141.01%), Vitamin E: 5.41mg (36.05%), Phosphorus: 293.52mg (29.35%), Selenium: 20.49µg (29.27%), Manganese: 0.5mg (24.9%), Vitamin B12: 1.31µg (21.87%), Fiber: 4.96g (19.82%), Potassium: 676.7mg (19.33%), Vitamin C: 15.84mg (19.2%), Magnesium: 73.92mg (18.48%), Copper: 0.37mg (18.32%), Vitamin B6: 0.36mg (18.05%), Vitamin B2: 0.29mg (17.08%), Vitamin B3: 2.29mg (11.45%), Folate: 44.68µg (11.17%), Calcium: 90.76mg (9.08%), Iron: 1.58mg (8.79%), Vitamin B5: 0.81mg (8.08%), Zinc: 1.17mg (7.82%), Vitamin B1: 0.11mg (7.48%), Vitamin A: 112.7IU (2.25%)