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Celery-Root and Pecan Salad ♦

A refreshing salad made with celery-root and pecans. Perfect for a light lunch or as a side dish.

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: N/A

Total Time: 15 mins

Recipe Yield: 200 grams

Number of Servings: 4

Serving Size: 50 g

Ingredients

200 g	celery-root
100 g	Pecans
2 tbsp	lemon juice
2 tbsp	olive oil
1 tsp	salt
1 tsp	pepper

Directions

Step 1

Cut

Peel and grate the celery-root.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cut

Chop the pecans.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

In a bowl, combine the grated celery-root and chopped pecans.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Mixing

In a separate bowl, whisk together the lemon juice, olive oil, salt, and pepper.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Mixing

Pour the dressing over the celery-root and pecans mixture. Toss to combine.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Serving

Serve chilled.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 20 g

Protein: 5 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	5 g	13.16%	20%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	2 g	9.09%	11.76%
Fat	20 g	71.43%	80%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	4 mg	307.69%	307.69%
Vitamin B12	0 mcg	0%	0%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	4 mg	0.4%	0.4%
Iron	6 mg	75%	33.33%
Potassium	200 mg	5.88%	7.69%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	4 mg	36.36%	50%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

South Beach Diet

Vegan Diet

Raw Food Diet

Pescatarian Diet

Ovo-Vegetarian Diet

Lacto-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Fruitarian Diet

Engine 2 Diet

Blood Type Diet

Course

Salads

Snacks

Cultural

Chinese New Year

Hanukkah

Meal Type

Brunch

Snack

Lunch

Difficulty Level

Medium

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