

Celeriac



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Celeriac is a root vegetable native to the Mediterranean and Northern Europe. It is a great substitute for potatoes because of its creamy texture when cooked. It has a light, earthy taste with a hint of celery. While it is lower in carbohydrates and calories than potatoes, it has a similar amount of fiber and a broad range of vitamins and minerals. Celeriac is especially high in Vitamin K, flavonoids, and compounds to protect against arthritis and support the liver. This is a great food for diabetics and those that need to limit carbohydrate intake.

