



Avocado and Watercress Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



128 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 avocado
- ☐ 0.3 cup gala apple finely grated peeled (use small holes of box grater)
- ☐ 0.3 cup rice vinegar (not seasoned)
- ☐ 4 teaspoons soya sauce
- ☐ 1 teaspoon sugar
- ☐ 3 tablespoons vegetable oil
- ☐ 1 tablespoon onion sweet grated (use large holes of a box grater)
- ☐ 6 cups watercress thin (stems and leaves only; from 1 large bunch)

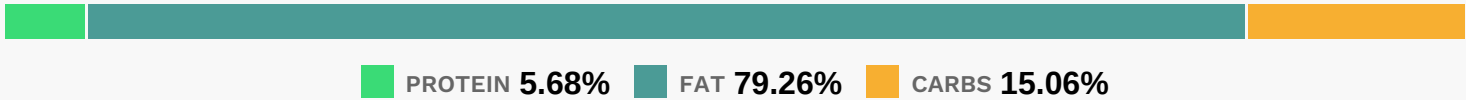
Equipment

- ☐ paper towels

Directions

- ☐ Stir together vinegar, onion, apple, soy sauce, and sugar until sugar has dissolved, then stir in oil.
- ☐ Just before serving, toss watercress with enough dressing to coat. Quarter, pit, and peel avocado, then cut crosswise into 1/4-inch-thick slices. Gently toss with watercress.
- ☐ ·Watercress can be trimmed 1 day ahead and chilled in a sealed bag lined with damp paper towels. Dressing can be made 2 days ahead and chilled, covered. Stir or shake before using.

Nutrition Facts



Properties

Glycemic Index:39.85, Glycemic Load:1.02, Inflammation Score:-7, Nutrition Score:10.41173911613%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 7.86mg, Kaempferol: 7.86mg, Kaempferol: 7.86mg, Kaempferol: 7.86mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 10.65mg, Quercetin: 10.65mg, Quercetin: 10.65mg, Quercetin: 10.65mg

Nutrients (% of daily need)

Calories: 127.57kcal (6.38%), Fat: 11.77g (18.12%), Saturated Fat: 1.76g (11.01%), Carbohydrates: 5.03g (1.68%), Net Carbohydrates: 2.45g (0.89%), Sugar: 1.65g (1.84%), Cholesterol: 0mg (0%), Sodium: 240.13mg (10.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.9g (3.8%), Vitamin K: 104.66µg (99.68%), Vitamin A: 1136.68IU (22.73%), Vitamin C: 18.29mg (22.17%), Vitamin E: 1.6mg (10.66%), Fiber: 2.59g (10.35%), Potassium: 290.94mg (8.31%), Manganese: 0.16mg (7.97%), Folate: 31.45µg (7.86%), Vitamin B6: 0.14mg (7.11%), Vitamin B5: 0.59mg (5.91%), Vitamin B2: 0.09mg (5.43%), Copper: 0.1mg (4.91%), Magnesium: 18.97mg (4.74%), Calcium: 46.91mg (4.69%), Phosphorus: 44.47mg (4.45%), Vitamin B3: 0.82mg (4.08%), Vitamin B1: 0.06mg (3.8%), Iron: 0.36mg (2.02%), Zinc:

0.27mg (1.83%)