



Beef, Watercress, and Peach Salad with Lime Vinaigrette



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



191 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 kirby cucumbers roughly chopped
- ☐ 1 small clove garlic finely chopped
- ☐ 2 teaspoons ginger finely grated
- ☐ 6 servings kosher salt and pepper
- ☐ 0.3 cup juice of lime fresh
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 4 peaches ripe cut into wedges

- ☐ 1 pound pan drippings from roast beef preferably cubed
- ☐ 2 large shallots thinly sliced
- ☐ 1.5 teaspoons sugar
- ☐ 2 bunches watercress thick

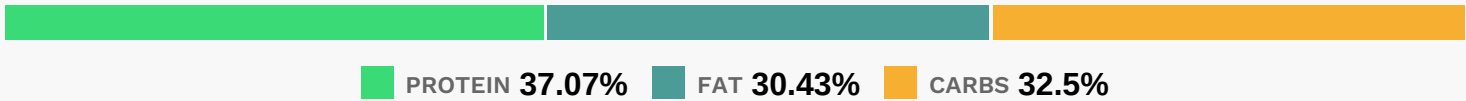
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In a large bowl, combine the watercress, cucumbers, peaches, and beef.
- ☐ Pour the lime juice into a small bowl and whisk in the sugar and 1/2 teaspoon salt until dissolved.
- ☐ Add the garlic, ginger, and 1/4 teaspoon pepper. Slowly add the oil in a steady stream, whisking constantly until emulsified. Stir in the shallots.
- ☐ Transfer the salad to a serving bowl or platter and drizzle the vinaigrette over the top.Tip: For cooked roast beef, look no further than the deli counter. Ask the server to forgo the slicer and cut a 1-pound slab by hand.

Nutrition Facts



Properties

Glycemic Index:38.72, Glycemic Load:4.8, Inflammation Score:-7, Nutrition Score:15.961304519487%

Flavonoids

Cyanidin: 1.92mg, Cyanidin: 1.92mg, Cyanidin: 1.92mg, Cyanidin: 1.92mg Catechin: 4.92mg, Catechin: 4.92mg, Catechin: 4.92mg, Catechin: 4.92mg Epigallocatechin: 1.04mg, Epigallocatechin: 1.04mg, Epigallocatechin: 1.04mg, Epigallocatechin: 1.04mg Epicatechin: 2.34mg, Epicatechin: 2.34mg, Epicatechin: 2.34mg, Epicatechin: 2.34mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg

0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 2.14mg, Kaempferol: 2.14mg, Kaempferol: 2.14mg, Kaempferol: 2.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.22mg, Quercetin: 3.22mg, Quercetin: 3.22mg, Quercetin: 3.22mg

Nutrients (% of daily need)

Calories: 191.11kcal (9.56%), Fat: 6.71g (10.32%), Saturated Fat: 1.44g (9.01%), Carbohydrates: 16.12g (5.37%), Net Carbohydrates: 13.55g (4.93%), Sugar: 11.63g (12.92%), Cholesterol: 43.09mg (14.36%), Sodium: 1351.42mg (58.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.39g (36.78%), Vitamin C: 48.78mg (59.13%), Vitamin B3: 6.52mg (32.58%), Vitamin K: 33.34µg (31.75%), Calcium: 245.35mg (24.53%), Vitamin B6: 0.43mg (21.45%), Vitamin B12: 1.29µg (21.42%), Zinc: 3.19mg (21.26%), Phosphorus: 201.31mg (20.13%), Potassium: 541.67mg (15.48%), Vitamin A: 669.34IU (13.39%), Iron: 2.31mg (12.82%), Copper: 0.22mg (11.08%), Selenium: 7.53µg (10.76%), Fiber: 2.57g (10.29%), Manganese: 0.21mg (10.26%), Magnesium: 40.6mg (10.15%), Vitamin B2: 0.16mg (9.6%), Vitamin E: 1.39mg (9.26%), Folate: 31.56µg (7.89%), Vitamin B1: 0.11mg (7.01%), Vitamin B5: 0.69mg (6.87%)