



## Broccoli, Orange, and Watercress Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



83 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 3 cups broccoli florets steamed
- 0.3 cup cider vinegar
- 0.1 teaspoon coarsely ground pepper black
- 1 teaspoon dijon honey mustard
- 4 cups iceberg lettuce thinly sliced
- 1 tablespoon olive oil
- 2 cups orange sections ( 4 oranges)
- 2 tablespoons rice vinegar

- 0.3 teaspoon salt
- 2 teaspoons sugar
- 3 cups watercress trimmed

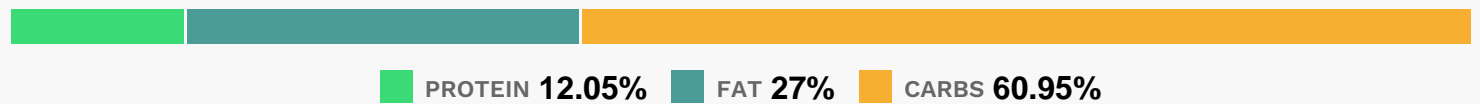
## Equipment

- bowl

## Directions

- To prepare dressing, combine first 7 ingredients in a jar. Cover tightly; shake vigorously.
- To prepare salad, combine lettuce and the remaining ingredients in a large bowl.
- Add dressing; toss well to coat.

## Nutrition Facts



## Properties

Glycemic Index:55.1, Glycemic Load:4.27, Inflammation Score:-8, Nutrition Score:14.784347668938%

## Flavonoids

Hesperetin: 16.35mg, Hesperetin: 16.35mg, Hesperetin: 16.35mg, Hesperetin: 16.35mg Naringenin: 9.19mg, Naringenin: 9.19mg, Naringenin: 9.19mg, Naringenin: 9.19mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Kaempferol: 7.63mg, Kaempferol: 7.63mg, Kaempferol: 7.63mg, Kaempferol: 7.63mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 7.53mg, Quercetin: 7.53mg, Quercetin: 7.53mg, Quercetin: 7.53mg

## Nutrients (% of daily need)

Calories: 82.84kcal (4.14%), Fat: 2.66g (4.1%), Saturated Fat: 0.4g (2.48%), Carbohydrates: 13.53g (4.51%), Net Carbohydrates: 10.23g (3.72%), Sugar: 8.9g (9.89%), Cholesterol: 0mg (0%), Sodium: 128.52mg (5.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.67g (5.35%), Vitamin C: 81.16mg (98.38%), Vitamin K: 101.95µg (97.1%), Vitamin A: 1202.12IU (24.04%), Folate: 62.12µg (15.53%), Fiber: 3.29g (13.18%), Manganese: 0.25mg (12.27%), Potassium: 384.16mg (10.98%), Vitamin B1: 0.12mg (7.97%), Vitamin B6: 0.16mg (7.89%), Calcium: 75.72mg (7.57%), Vitamin E: 1.06mg (7.04%), Vitamin B2: 0.11mg (6.47%), Phosphorus: 59.31mg (5.93%), Magnesium: 23.11mg (5.78%), Vitamin B5: 0.51mg (5.08%), Copper: 0.08mg (3.81%), Iron: 0.66mg (3.68%), Vitamin B3: 0.55mg (2.77%), Selenium: 1.69µg (2.41%), Zinc: 0.32mg (2.16%)