



Cucumber and Watercress Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



165 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 large cucumber diced peeled
- ☐ 2 tablespoons honey
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.5 cup parsley chopped
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 1 bunch watercress trimmed
- ☐ 4 servings splash of water
- ☐ 2 tablespoons citrus champagne vinegar

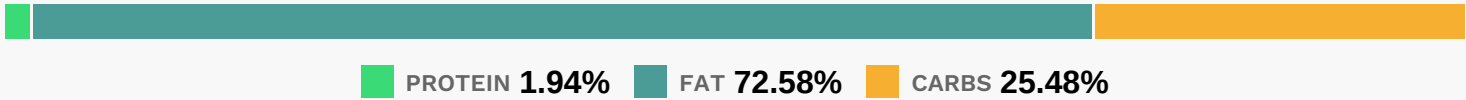
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In a bowl, combine the cucumber, watercress and parsley.
- ☐ In a separate bowl, combine the honey, vinegar, water and season.
- ☐ Whisk in the extra-virgin olive oil.
- ☐ Drizzle the dressing over the vegetables and toss to coat.

Nutrition Facts



Properties

Glycemic Index:40.82, Glycemic Load:4.77, Inflammation Score:-6, Nutrition Score:8.7204347615657%

Flavonoids

Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 1.55mg, Kaempferol: 1.55mg, Kaempferol: 1.55mg, Kaempferol: 1.55mg Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg

Nutrients (% of daily need)

Calories: 164.72kcal (8.24%), Fat: 13.68g (21.05%), Saturated Fat: 1.89g (11.78%), Carbohydrates: 10.8g (3.6%), Net Carbohydrates: 9.99g (3.63%), Sugar: 9.66g (10.74%), Cholesterol: 0mg (0%), Sodium: 21.3mg (0.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.82g (1.65%), Vitamin K: 151.96µg (144.72%), Vitamin C: 14.99mg (18.17%), Vitamin A: 882.18IU (17.64%), Vitamin E: 2.08mg (13.9%), Folate: 21.99µg (5.5%), Copper: 0.11mg (5.47%), Manganese: 0.1mg (5.15%), Potassium: 167.22mg (4.78%), Iron: 0.79mg (4.41%), Magnesium: 16.51mg (4.13%), Calcium: 36.41mg (3.64%), Fiber: 0.82g (3.26%), Vitamin B6: 0.05mg (2.67%), Phosphorus: 23.98mg (2.4%), Vitamin B5: 0.23mg (2.26%), Vitamin B1: 0.03mg (2.26%), Vitamin B2: 0.04mg (2.15%), Zinc: 0.26mg (1.71%)