



Cucumber Watercress Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



63 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 servings coarse salt
- 1 cucumber diced english seedless (European)
- 3 tablespoons optional: dill fresh finely chopped
- 3 tablespoons honey
- 3 tablespoons water cold
- 1.5 cups watercress leaves
- 3 tablespoons vinegar white

Equipment

bowl

whisk

Directions

Combine cucumbers and watercress in a large bowl.

Whisk the honey, vinegar, and water together.

Pour over salad and toss well to combine. Season with dill and salt and toss salad again.

Nutrition Facts

 **PROTEIN 4.95%**  **FAT 1.31%**  **CARBS 93.74%**

Properties

Glycemic Index:37.32, Glycemic Load:6.8, Inflammation Score:-4, Nutrition Score:4.468695666479%

Flavonoids

Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 3.07mg, Kaempferol: 3.07mg, Kaempferol: 3.07mg, Kaempferol: 3.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.02mg, Quercetin: 4.02mg, Quercetin: 4.02mg, Quercetin: 4.02mg

Nutrients (% of daily need)

Calories: 62.82kcal (3.14%), Fat: 0.1g (0.15%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 15.89g (5.3%), Net Carbohydrates: 15.41g (5.61%), Sugar: 14.21g (15.79%), Cholesterol: 0mg (0%), Sodium: 202.13mg (8.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.84g (1.68%), Vitamin K: 44.17µg (42.07%), Vitamin A: 508.76IU (10.18%), Vitamin C: 7.92mg (9.6%), Manganese: 0.11mg (5.69%), Potassium: 163.01mg (4.66%), Magnesium: 13.15mg (3.29%), Calcium: 30.05mg (3%), Vitamin B2: 0.05mg (2.76%), Phosphorus: 26.96mg (2.7%), Vitamin B6: 0.05mg (2.54%), Copper: 0.05mg (2.47%), Vitamin B5: 0.25mg (2.46%), Vitamin B1: 0.03mg (2.13%), Fiber: 0.48g (1.91%), Iron: 0.33mg (1.81%), Folate: 7.16µg (1.79%), Zinc: 0.2mg (1.36%)