



## Cucumber-Watercress Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



79 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 tablespoon sesame oil dark
- 1 cucumber english sliced
- 1 teaspoon garlic minced
- 2 cups torn leaf lettuce red
- 0.3 teaspoon pepper freshly ground
- 3 large radishes cut into matchsticks
- 1 tablespoon sake
- 0.5 teaspoon salt

- 2 tablespoons seasoned rice vinegar
- 1 teaspoon sugar
- 1 teaspoon wasabi paste
- 1 cup torn watercress

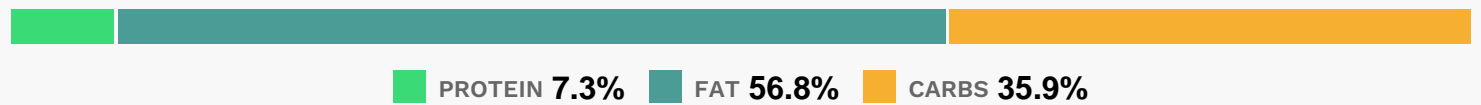
## Equipment

- bowl
- whisk

## Directions

- Whisk together first 8 ingredients in a large bowl; add cucumber and radishes, tossing well. Cover and chill at least 1 hour. Just before serving, toss lettuce and watercress with cucumber mixture.

## Nutrition Facts



## Properties

Glycemic Index:82.03, Glycemic Load:1.13, Inflammation Score:-8, Nutrition Score:8.162173996801%

## Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Pelargonidin: 5.68mg, Pelargonidin: 5.68mg, Pelargonidin: 5.68mg, Pelargonidin: 5.68mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 2.82mg, Kaempferol: 2.82mg, Kaempferol: 2.82mg, Kaempferol: 2.82mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.88mg, Quercetin: 4.88mg, Quercetin: 4.88mg, Quercetin: 4.88mg

## Nutrients (% of daily need)

Calories: 78.85kcal (3.94%), Fat: 4.86g (7.48%), Saturated Fat: 0.71g (4.46%), Carbohydrates: 6.92g (2.31%), Net Carbohydrates: 5.85g (2.13%), Sugar: 3.3g (3.66%), Cholesterol: 0mg (0%), Sodium: 403.22mg (17.53%), Alcohol: 0.81g (100%), Alcohol %: 0.62% (100%), Protein: 1.41g (2.81%), Vitamin K: 71.91µg (68.48%), Vitamin A: 1867.37IU (37.35%), Vitamin C: 10.71mg (12.98%), Manganese: 0.2mg (10.11%), Potassium: 257.54mg (7.36%), Magnesium: 20.62mg (5.16%), Vitamin B6: 0.1mg (4.86%), Calcium: 43.83mg (4.38%), Folate: 17.35µg (4.34%), Fiber: 1.06g (4.25%), Phosphorus: 41.68mg (4.17%), Vitamin B2: 0.07mg (4%), Vitamin B1: 0.05mg (3.64%), Vitamin B5: 0.35mg (3.48%), Copper: 0.07mg (3.44%), Iron: 0.62mg (3.44%), Zinc: 0.32mg (2.13%), Vitamin E: 0.24mg (1.59%), Selenium:

1.02µg (1.45%), Vitamin B3: 0.22mg (1.12%)