



Double-Cress Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



116 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 clove garlic pressed peeled
- ☐ 1 tablespoon juice of lemon
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 4 servings salt and pepper
- ☐ 2 qt watercress

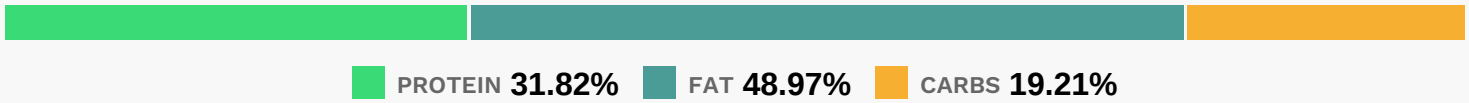
Equipment

- ☐ bowl

Directions

- ☐ Rinse watercress and drain well. Pick tender sprigs from stems and cut into 3- to 4-inch lengths; you should have about 6 cups sprigs. Finely chop enough of the stems to make 2 tablespoons; save remainder for other uses or discard.
- ☐ In a large bowl, mix olive oil, lemon juice, garlic, and chopped watercress stems.
- ☐ Add watercress sprigs and mix.
- ☐ Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:1.27, Inflammation Score:-10, Nutrition Score:31.24956541476%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 108.97mg, Kaempferol: 108.97mg, Kaempferol: 108.97mg, Kaempferol: 108.97mg Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg Quercetin: 141.93mg, Quercetin: 141.93mg, Quercetin: 141.93mg, Quercetin: 141.93mg

Nutrients (% of daily need)

Calories: 115.87kcal (5.79%), Fat: 7.49g (11.52%), Saturated Fat: 1.1g (6.85%), Carbohydrates: 6.61g (2.2%), Net Carbohydrates: 4.22g (1.53%), Sugar: 1.05g (1.16%), Cholesterol: 0mg (0%), Sodium: 388.1mg (16.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.94g (21.89%), Vitamin K: 1187.17µg (1130.64%), Vitamin A: 15099.36IU (301.99%), Vitamin C: 205.15mg (248.67%), Manganese: 1.17mg (58.4%), Calcium: 569.58mg (56.96%), Potassium: 1568.46mg (44.81%), Vitamin E: 5.75mg (38.31%), Vitamin B2: 0.57mg (33.48%), Vitamin B6: 0.62mg (31.07%), Vitamin B1: 0.43mg (28.55%), Phosphorus: 285.35mg (28.54%), Magnesium: 99.78mg (24.95%), Copper: 0.37mg (18.37%), Vitamin B5: 1.48mg (14.76%), Folate: 43.36µg (10.84%), Fiber: 2.39g (9.57%), Selenium: 4.37µg (6.24%), Iron: 1mg (5.57%), Vitamin B3: 0.95mg (4.78%), Zinc: 0.53mg (3.54%)