



Frisée, watercress, and Mint Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



143 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

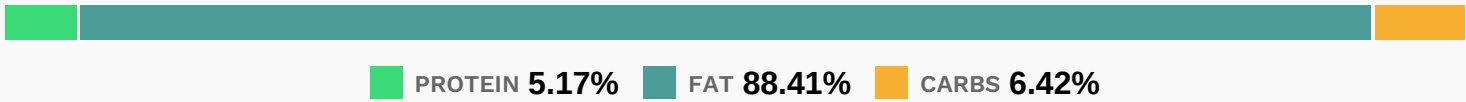
- ☐ 0.3 cup mint leaves fresh
- ☐ 1 bunch frisée french trimmed (curly endive; 8 oz)
- ☐ 1 tablespoon juice of lemon to taste
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 0.5 cup pinenuts salted toasted
- ☐ 3 scallions thinly sliced
- ☐ 2 bunches watercress

Equipment

Directions

- ☐ Toss together frisée, watercress, mint, and scallions.
- ☐ Drizzle with just enough oil to coat, tossing.
- ☐ Add vinegar and salt to taste and toss again.
- ☐ Sprinkle with nuts.

Nutrition Facts



Properties

Glycemic Index:10.67, Glycemic Load:0.11, Inflammation Score:-5, Nutrition Score:7.9560869634151%

Flavonoids

Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 2mg, Kaempferol: 2mg, Kaempferol: 2mg, Kaempferol: 2mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg

Nutrients (% of daily need)

Calories: 142.69kcal (7.13%), Fat: 14.74g (22.67%), Saturated Fat: 1.53g (9.55%), Carbohydrates: 2.41g (0.8%), Net Carbohydrates: 1.59g (0.58%), Sugar: 0.56g (0.62%), Cholesterol: 0mg (0%), Sodium: 5.79mg (0.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.94g (3.88%), Manganese: 1.05mg (52.57%), Vitamin K: 44.03µg (41.93%), Vitamin E: 2.18mg (14.52%), Vitamin A: 444.73IU (8.89%), Copper: 0.17mg (8.44%), Magnesium: 33.34mg (8.33%), Phosphorus: 74.01mg (7.4%), Vitamin C: 5.65mg (6.85%), Zinc: 0.79mg (5.25%), Iron: 0.91mg (5.04%), Potassium: 127.19mg (3.63%), Vitamin B1: 0.05mg (3.59%), Fiber: 0.82g (3.28%), Vitamin B3: 0.59mg (2.93%), Folate: 11.45µg (2.86%), Vitamin B2: 0.05mg (2.77%), Calcium: 22.58mg (2.26%), Vitamin B6: 0.03mg (1.42%)