



Orange, Jicama, and Watercress Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



82 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.8 teaspoon pepper black freshly ground
- ☐ 0.5 small jicama peeled cut into 1/4- by 1-inch matchsticks (approximately 5 ounces)
- ☐ 1.5 teaspoons kosher salt
- ☐ 0.3 cup juice of lime freshly squeezed (from approximately 2 limes)
- ☐ 1 teaspoon lime zest finely grated
- ☐ 0.5 cup olive oil extra virgin extra-virgin
- ☐ 3 large cranberry-orange relish
- ☐ 0.8 cup pumpkin seeds raw green hulled toasted () (pepitas)

☐ 3 bunches watercress thick packed (8 cups,)

Equipment

☐ bowl

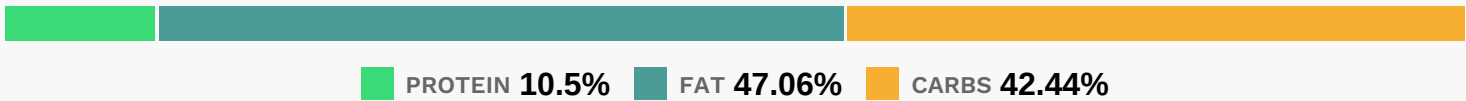
☐ knife

☐ whisk

Directions

- ☐ In small bowl, whisk together lime juice, zest, salt, and pepper. Gradually whisk in oil, whisking until mixture emulsifies.
- ☐ In medium bowl, toss together jícama and 1/4 cup vinaigrette, reserving remaining vinaigrette.
- ☐ Let marinate while preparing rest of ingredients.
- ☐ Using paring knife and working over large bowl to catch juice, remove peel and white pith from oranges, then cut between membranes to remove segments (discard membranes).
- ☐ To bowl with orange juice, add orange segments, jícama (including vinaigrette), and watercress. Toss well to combine. If desired, add additional vinaigrette, or reserve remainder for another use.
- ☐ Sprinkle with pumpkin seeds if using.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:16.35, Glycemic Load:2.38, Inflammation Score:-6, Nutrition Score:7.1104346721069%

Flavonoids

Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 15.67mg, Hesperetin: 15.67mg, Hesperetin: 15.67mg, Hesperetin: 15.67mg Naringenin: 8.49mg, Naringenin: 8.49mg, Naringenin: 8.49mg, Naringenin: 8.49mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 1.8mg, Kaempferol: 1.8mg, Kaempferol: 1.8mg, Kaempferol: 1.8mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg

Nutrients (% of daily need)

Calories: 81.58kcal (4.08%), Fat: 4.61g (7.1%), Saturated Fat: 0.73g (4.57%), Carbohydrates: 9.36g (3.12%), Net Carbohydrates: 6.75g (2.45%), Sugar: 5.68g (6.31%), Cholesterol: 0mg (0%), Sodium: 353.16mg (15.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.32g (4.63%), Vitamin C: 38.24mg (46.35%), Vitamin K: 20.74µg (19.75%), Manganese: 0.28mg (14.11%), Fiber: 2.61g (10.45%), Magnesium: 38.46mg (9.62%), Phosphorus: 75.82mg (7.58%), Vitamin A: 372.07IU (7.44%), Potassium: 200.24mg (5.72%), Folate: 22.86µg (5.71%), Copper: 0.11mg (5.39%), Vitamin B1: 0.07mg (4.88%), Vitamin E: 0.69mg (4.6%), Calcium: 37.29mg (3.73%), Iron: 0.64mg (3.55%), Zinc: 0.46mg (3.06%), Vitamin B6: 0.06mg (3.01%), Vitamin B2: 0.04mg (2.64%), Vitamin B5: 0.23mg (2.32%), Vitamin B3: 0.46mg (2.29%), Selenium: 0.94µg (1.34%)