

Radish and Watercress Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



1

CALORIES



396 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



1 serving pepper freshly ground



12 radishes sliced



0.3 teaspoon salt



3 tablespoons vegetable oil



8 ounces watercress



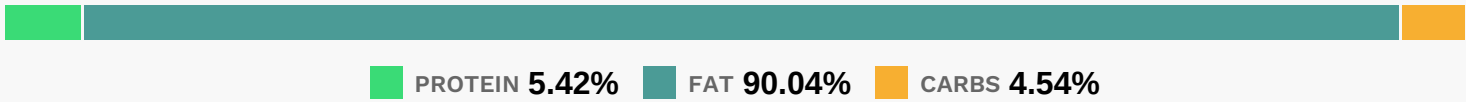
1 tablespoon citrus champagne vinegar

Equipment

Directions

- ☐ Remove tough stems from watercress; break leaves into bite-size pieces. Arrange watercress on plates.
- ☐ Mix oil, vinegar, salt and pepper; pour over radishes and toss. Spoon radish mixture onto watercress.

Nutrition Facts



Properties

Glycemic Index:96, Glycemic Load:0.86, Inflammation Score:-10, Nutrition Score:23.614347945089%

Flavonoids

Pelargonidin: 30.3mg, Pelargonidin: 30.3mg, Pelargonidin: 30.3mg, Pelargonidin: 30.3mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 52.64mg, Kaempferol: 52.64mg, Kaempferol: 52.64mg, Kaempferol: 52.64mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 68.02mg, Quercetin: 68.02mg, Quercetin: 68.02mg, Quercetin: 68.02mg

Nutrients (% of daily need)

Calories: 396.4kcal (19.82%), Fat: 41.08g (63.2%), Saturated Fat: 6.3g (39.38%), Carbohydrates: 4.66g (1.55%), Net Carbohydrates: 2.73g (0.99%), Sugar: 1.35g (1.5%), Cholesterol: 0mg (0%), Sodium: 694.3mg (30.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.56g (11.12%), Vitamin K: 642.81µg (612.2%), Vitamin A: 7240.97IU (144.82%), Vitamin C: 104.7mg (126.91%), Vitamin E: 5.61mg (37.38%), Manganese: 0.61mg (30.38%), Calcium: 285.86mg (28.59%), Potassium: 867.57mg (24.79%), Vitamin B2: 0.29mg (17.12%), Vitamin B6: 0.33mg (16.35%), Phosphorus: 147.04mg (14.7%), Vitamin B1: 0.21mg (14%), Magnesium: 53.21mg (13.3%), Copper: 0.2mg (10.1%), Folate: 32.43µg (8.11%), Vitamin B5: 0.78mg (7.84%), Fiber: 1.93g (7.71%), Iron: 0.71mg (3.93%), Selenium: 2.34µg (3.34%), Vitamin B3: 0.58mg (2.88%), Zinc: 0.39mg (2.61%)