



 4%
HEALTH SCORE

Radish and Watercress Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



276 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 teaspoon salt
- 1 teaspoon garlic powder
- 1 teaspoon dijon mustard
- 1 tablespoon red wine vinegar
- 2 tablespoons olive oil
- 2 teaspoons juice of lemon
- 1 bunch watercress
- 1 bunch radishes red thinly sliced

Equipment

bowl

Directions

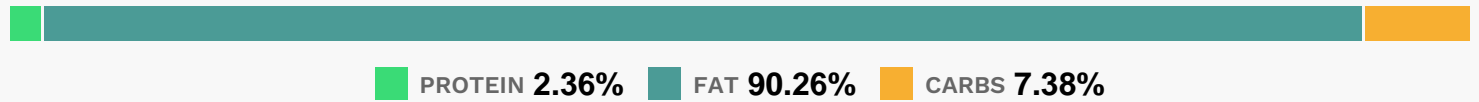
Combine salt, garlic powder, Dijon mustard, vinegar, liquid shortening, and lemon juice in screw top jar.

Shake to blend.

Place watercress and sliced radishes in a salad bowl.

Add dressing; toss to blend.

Nutrition Facts



Properties

Glycemic Index:101, Glycemic Load:0.46, Inflammation Score:-6, Nutrition Score:9.4717391304348%

Flavonoids

Pelargonidin: 31.57mg, Pelargonidin: 31.57mg, Pelargonidin: 31.57mg, Pelargonidin: 31.57mg Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 6.19mg, Kaempferol: 6.19mg, Kaempferol: 6.19mg, Kaempferol: 6.19mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 7.53mg, Quercetin: 7.53mg, Quercetin: 7.53mg

Taste

Sweetness: 14.62%, Saltiness: 32.34%, Sourness: 46.36%, Bitterness: 48.47%, Savoriness: 11.33%, Fattiness: 100%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 276.3kcal (13.82%), Fat: 28.29g (43.52%), Saturated Fat: 3.91g (24.44%), Carbohydrates: 5.2g (1.73%), Net Carbohydrates: 3.76g (1.37%), Sugar: 1.38g (1.53%), Cholesterol: 0mg (0%), Sodium: 2413.89mg (104.95%), Protein: 1.67g (3.33%), Vitamin K: 80.09µg (76.28%), Vitamin E: 4.33mg (28.9%), Vitamin C: 22.15mg (26.85%), Vitamin A: 805.4IU (16.11%), Manganese: 0.16mg (7.99%), Potassium: 259.2mg (7.41%), Vitamin B6: 0.13mg (6.27%), Fiber: 1.44g (5.76%), Calcium: 51.24mg (5.12%), Folate: 18.51µg (4.63%), Phosphorus: 44.82mg (4.48%), Selenium: 2.96µg

(4.23%), Magnesium: 16.22mg (4.05%), Iron: 0.72mg (4.01%), Vitamin B1: 0.05mg (3.56%), Vitamin B2: 0.06mg (3.44%), Copper: 0.07mg (3.44%), Vitamin B5: 0.21mg (2.1%), Zinc: 0.3mg (2.03%), Vitamin B3: 0.24mg (1.19%)