



Sauteed Radishes and Watercress



Vegetarian



Gluten Free



Low Fod Map

READY IN



30 min.

SERVINGS



6

CALORIES



58 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 tablespoon olive oil
- ☐ 2 bunches radishes halved lengthwise sliced ()
- ☐ 0.8 teaspoon salt
- ☐ 2 tablespoons butter unsalted
- ☐ 0.5 cup water
- ☐ 2 bunches watercress washed cut into 2-inch lengths well (10 oz total)

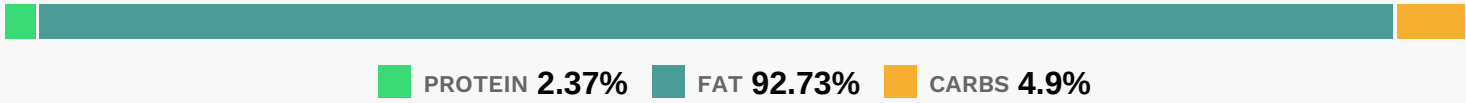
Equipment

☐ frying pan

Directions

- ☐ Heat butter with oil in a 12-inch heavy skillet over moderately high heat until foam subsides, then sauté radishes with salt and pepper, stirring occasionally, 6 minutes.
- ☐ Add water and cook, covered, until crisp-tender, about 2 minutes, then cook, uncovered, stirring occasionally, until liquid is evaporated, 1 to 4 minutes.
- ☐ Add watercress and sauté, stirring, until wilted, about 1 minute.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.13, Inflammation Score:-3, Nutrition Score:2.4917391201724%

Flavonoids

Pelargonidin: 10.52mg, Pelargonidin: 10.52mg, Pelargonidin: 10.52mg, Pelargonidin: 10.52mg Kaempferol: 2.06mg, Kaempferol: 2.06mg, Kaempferol: 2.06mg, Kaempferol: 2.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg

Nutrients (% of daily need)

Calories: 57.88kcal (2.89%), Fat: 6.15g (9.46%), Saturated Fat: 2.73g (17.05%), Carbohydrates: 0.73g (0.24%), Net Carbohydrates: 0.4g (0.15%), Sugar: 0.33g (0.37%), Cholesterol: 10.03mg (3.34%), Sodium: 302.16mg (13.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.35g (0.71%), Vitamin K: 22.92µg (21.83%), Vitamin A: 384.16IU (7.68%), Vitamin C: 6.05mg (7.33%), Vitamin E: 0.53mg (3.52%), Manganese: 0.04mg (2.17%), Potassium: 68.64mg (1.96%), Calcium: 16.45mg (1.65%), Fiber: 0.33g (1.32%), Folate: 5.07µg (1.27%), Vitamin B6: 0.02mg (1.15%), Vitamin B2: 0.02mg (1.07%)