



WHATSheATE



HEALTH SCORE

65%

Spring salad with watercress dressing



Gluten Free



Very Healthy

READY IN



35 min.

SERVINGS



4

CALORIES



802 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 550 g baby potatoes scrubbed
- ☐ 800 g avarakkai / broad beans shelled (to give 200g 8oz beans)
- ☐ 200 g asparagus fresh
- ☐ 400 g peas shelled (to give 100g 4oz peas)
- ☐ 90 g pancetta sliced into ribbons
- ☐ 125 g the salad mixed
- ☐ 100 g pecorino cheese shaved
- ☐ 50 g watercress fresh roughly chopped

- ☐ 6 tbsp olive oil extra virgin extra-virgin
- ☐ 2 tbsp apple cider vinegar
- ☐ 1 pinch sugar

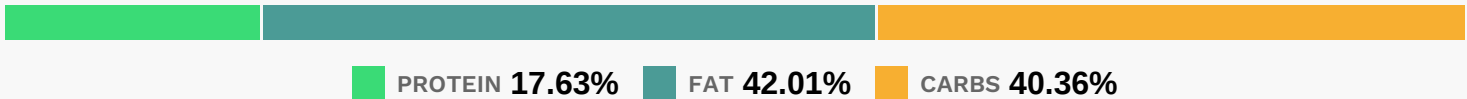
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ sieve
- ☐ blender

Directions

- ☐ Cook the potatoes in boiling salted water for 10–15 minutes until tender.
- ☐ Drain and halve when cool enough to handle; set aside. Blanch the shelled broad beans and the asparagus in boiling salted water for 2–3 minutes.
- ☐ Drain in a sieve and cool under running cold water.
- ☐ Drain again, fish out the asparagus, then peel off the hard outer skins from the beans make a nick in the tops and pop the beans out. Blanch the shelled peas in a separate pan for 1 minute. Toss the asparagus, beans, peas, potatoes and prosciutto together.
- ☐ For the dressing, put all the ingredients in a blender or food processor and blitz until really smooth and bright green. Season with salt and pepper. To serve, toss the salad leaves with a spoonful or two of dressing and arrange on plates. Pile the vegetable mixture on top, season, then drizzle over the remaining dressing and scatter with the pecorino.

Nutrition Facts



Properties

Glycemic Index:96.79, Glycemic Load:38.74, Inflammation Score:-10, Nutrition Score:45.174783276475%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg,

Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2.85mg, Isorhamnetin: 2.85mg, Isorhamnetin: 2.85mg, Isorhamnetin: 2.85mg Kaempferol: 4.67mg, Kaempferol: 4.67mg, Kaempferol: 4.67mg, Kaempferol: 4.67mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 11.7mg, Quercetin: 11.7mg, Quercetin: 11.7mg, Quercetin: 11.7mg

Nutrients (% of daily need)

Calories: 801.99kcal (40.1%), Fat: 38.08g (58.59%), Saturated Fat: 10.43g (65.21%), Carbohydrates: 82.34g (27.45%), Net Carbohydrates: 61.71g (22.44%), Sugar: 11.81g (13.12%), Cholesterol: 40.85mg (13.62%), Sodium: 487.24mg (21.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.97g (71.93%), Vitamin C: 83.11mg (100.74%), Vitamin K: 98.45µg (93.77%), Folate: 335.44µg (83.86%), Fiber: 20.64g (82.55%), Manganese: 1.64mg (82.19%), Phosphorus: 705.06mg (70.51%), Copper: 0.98mg (48.99%), Vitamin B1: 0.73mg (48.9%), Potassium: 1626.58mg (46.47%), Vitamin B6: 0.89mg (44.32%), Magnesium: 177.01mg (44.25%), Calcium: 412.42mg (41.24%), Vitamin A: 2041.7IU (40.83%), Iron: 7.25mg (40.29%), Vitamin B2: 0.57mg (33.29%), Vitamin B3: 6.57mg (32.86%), Zinc: 4.92mg (32.81%), Vitamin E: 4.05mg (27.01%), Selenium: 16.96µg (24.22%), Vitamin B5: 1.27mg (12.69%), Vitamin B12: 0.39µg (6.54%), Vitamin D: 0.22µg (1.43%)