



Tomato, Fennel and Watercress Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



15 min.

SERVINGS



6

CALORIES



169 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 bulbs fennel trimmed thinly sliced
- 1 teaspoon fennel seed
- 4 teaspoons tarragon fresh chopped
- 2 teaspoons mustard dijon-style prepared
- 5 tablespoons olive oil
- 6 large tomatoes
- 3 cups watercress trimmed coarsely chopped
- 2 tablespoons citrus champagne vinegar

Equipment

bowl

whisk

Directions

Whisk together the vinegar, tarragon, mustard, fennel seed and olive oil.

Cut the tomatoes into 1/2 inch thick wedges. In a large salad bowl, combine the watercress, fennel and tomatoes. Toss with vinaigrette to coat, season with salt and pepper and serve.

Nutrition Facts



PROTEIN 7.49% **FAT 61.7%** **CARBS 30.81%**

Properties

Glycemic Index:36.17, Glycemic Load:3.78, Inflammation Score:-9, Nutrition Score:17.166521751362%

Flavonoids

Eriodictyol: 0.84mg, Eriodictyol: 0.84mg, Eriodictyol: 0.84mg, Eriodictyol: 0.84mg Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 4.08mg, Kaempferol: 4.08mg, Kaempferol: 4.08mg, Kaempferol: 4.08mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 6.33mg, Quercetin: 6.33mg, Quercetin: 6.33mg, Quercetin: 6.33mg

Nutrients (% of daily need)

Calories: 168.99kcal (8.45%), Fat: 12.41g (19.09%), Saturated Fat: 1.77g (11.04%), Carbohydrates: 13.94g (4.65%), Net Carbohydrates: 8.95g (3.25%), Sugar: 7.91g (8.79%), Cholesterol: 0mg (0%), Sodium: 76.72mg (3.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.39g (6.78%), Vitamin K: 112.91µg (107.53%), Vitamin C: 42.37mg (51.36%), Vitamin A: 2220.68IU (44.41%), Manganese: 0.54mg (26.76%), Potassium: 860.84mg (24.6%), Vitamin E: 3.29mg (21.94%), Fiber: 4.99g (19.96%), Folate: 53.66µg (13.41%), Vitamin B6: 0.24mg (11.95%), Magnesium: 43.76mg (10.94%), Phosphorus: 100.88mg (10.09%), Calcium: 97.46mg (9.75%), Iron: 1.7mg (9.45%), Copper: 0.19mg (9.31%), Vitamin B3: 1.76mg (8.82%), Vitamin B1: 0.1mg (6.55%), Vitamin B2: 0.1mg (5.89%), Vitamin B5: 0.4mg (4.01%), Zinc: 0.56mg (3.74%), Selenium: 1.32µg (1.89%)