



Watercress and Mango Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



229 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon asian fish sauce
- ☐ 0.3 cup torn basil leaves fresh
- ☐ 0.5 cup coarsely carrot grated
- ☐ 0.3 cup torn cilantro leaves fresh
- ☐ 2 dashes hot sauce such as tabasco
- ☐ 0.3 cup juice of lime fresh
- ☐ 1 pound firm-ripe mango pitted peeled cut into 1/2-inch dice
- ☐ 0.3 cup torn mint leaves fresh

- ☐ 1.8 cups napa cabbage thinly sliced (from 1 head)
- ☐ 1.5 tablespoons asian sesame oil
- ☐ 2 tablespoons sugar
- ☐ 2 tablespoons vegetable oil
- ☐ 6 cups watercress loosely packed
- ☐ 4 servings pepper white freshly ground to taste

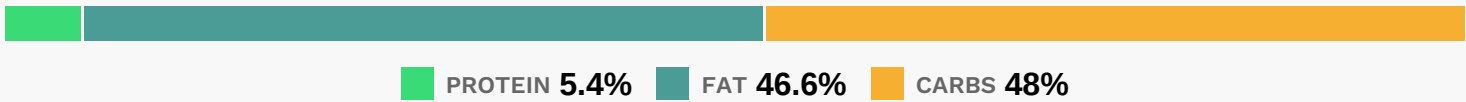
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together all dressing ingredients in a small bowl, then whisk in salt to taste.
- ☐ Gently toss all salad ingredients together in a bowl.
- ☐ Add just enough dressing to coat, then serve immediately.

Nutrition Facts



Properties

Glycemic Index:83.67, Glycemic Load:12.92, Inflammation Score:-10, Nutrition Score:21.073912915976%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.95mg, Catechin: 1.95mg, Catechin: 1.95mg, Catechin: 1.95mg Eriodictyol: 1.2mg, Eriodictyol: 1.2mg, Eriodictyol: 1.2mg, Eriodictyol: 1.2mg Hesperetin: 1.64mg, Hesperetin: 1.64mg, Hesperetin: 1.64mg, Hesperetin: 1.64mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 11.87mg, Kaempferol: 11.87mg, Kaempferol: 11.87mg, Kaempferol: 11.87mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 15.94mg, Quercetin: 15.94mg, Quercetin: 15.94mg, Quercetin: 15.94mg

Nutrients (% of daily need)

Calories: 228.98kcal (11.45%), Fat: 12.75g (19.62%), Saturated Fat: 1.94g (12.14%), Carbohydrates: 29.56g (9.85%), Net Carbohydrates: 25.78g (9.37%), Sugar: 23.29g (25.87%), Cholesterol: 0mg (0%), Sodium: 392.5mg (17.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.32g (6.65%), Vitamin K: 171.28µg (163.12%), Vitamin A: 5907.34IU (118.15%), Vitamin C: 79.58mg (96.46%), Folate: 91.52µg (22.88%), Manganese: 0.44mg (21.8%), Vitamin B6: 0.33mg (16.65%), Vitamin E: 2.38mg (15.84%), Potassium: 547.09mg (15.63%), Fiber: 3.78g (15.11%), Calcium: 124.13mg (12.41%), Copper: 0.23mg (11.33%), Magnesium: 42.65mg (10.66%), Vitamin B2: 0.15mg (8.76%), Vitamin B1: 0.11mg (7.32%), Phosphorus: 71.05mg (7.1%), Vitamin B3: 1.35mg (6.77%), Iron: 0.98mg (5.46%), Vitamin B5: 0.5mg (5.02%), Selenium: 1.89µg (2.7%), Zinc: 0.37mg (2.44%)