



## Watercress and Orange Salad

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



2

CALORIES



141 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 tablespoon juice of lemon
- 1 tablespoon olive oil extra-virgin
- 8 oz cranberry-orange relish
- 2 tablespoons roasted salted chopped
- 2 servings salt and pepper
- 3 oz bite-size pieces tender watercress sprigs rinsed

### Equipment

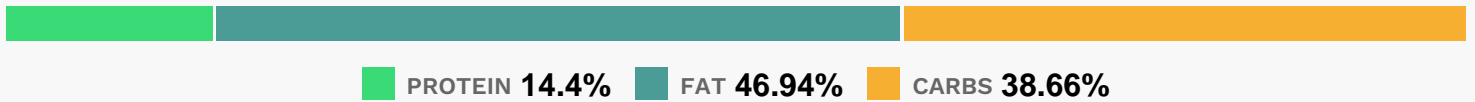
- bowl

- knife
- whisk
- sieve

## Directions

- With a small, sharp knife, cut ends off orange, deep enough to reveal flesh. Set orange on one cut end on a board. Following its curve with the knife, slice off peel and white pith, down to orange flesh. Holding orange over a strainer set over a small bowl to catch juice, cut between inner membranes and fruit to release segments; drop segments into strainer. Squeeze juice from membranes into bowl; discard membranes.
- In a large bowl, whisk together olive oil, lemon juice, and 1 tablespoon of the orange juice; reserve remaining juice for another use.
- Add watercress, orange segments, and almonds.
- Mix gently.
- Add salt and pepper to taste and mix again. Mound on plates.

## Nutrition Facts



## Properties

Glycemic Index:37.25, Glycemic Load:4.64, Inflammation Score:-9, Nutrition Score:16.010869425276%

## Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 31.99mg, Hesperetin: 31.99mg, Hesperetin: 31.99mg, Hesperetin: 31.99mg Naringenin: 17.48mg, Naringenin: 17.48mg, Naringenin: 17.48mg, Naringenin: 17.48mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 9.94mg, Kaempferol: 9.94mg, Kaempferol: 9.94mg, Kaempferol: 9.94mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 13.29mg, Quercetin: 13.29mg, Quercetin: 13.29mg, Quercetin: 13.29mg

## Nutrients (% of daily need)

Calories: 141.02kcal (7.05%), Fat: 7.8g (12%), Saturated Fat: 1.18g (7.39%), Carbohydrates: 14.45g (4.82%), Net Carbohydrates: 11.49g (4.18%), Sugar: 10.88g (12.09%), Cholesterol: 9.32mg (3.11%), Sodium: 218.69mg (9.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.38g (10.76%), Vitamin K: 110.52µg (105.26%), Vitamin C: 81.52mg (98.81%), Vitamin A: 1612.55IU (32.25%), Vitamin B1: 0.2mg (13.62%), Vitamin B6: 0.24mg (11.9%), Fiber:

2.96g (11.83%), Potassium: 408.72mg (11.68%), Vitamin E: 1.67mg (11.12%), Folate: 39.35µg (9.84%), Calcium: 97.77mg (9.78%), Phosphorus: 75.26mg (7.53%), Vitamin B2: 0.13mg (7.36%), Selenium: 5.05µg (7.22%), Manganese: 0.13mg (6.73%), Vitamin B3: 1.26mg (6.31%), Magnesium: 24.57mg (6.14%), Vitamin B5: 0.54mg (5.35%), Copper: 0.09mg (4.68%), Zinc: 0.4mg (2.64%), Iron: 0.33mg (1.81%), Vitamin B12: 0.08µg (1.26%)