




## Watercress-Bibb Salad with Apples and Blue Cheese

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



59 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 3 tablespoons apple juice
- 7 cups boston lettuce
- 0.3 teaspoon pepper black freshly ground
- 1 ounce cheese blue crumbled
- 1 tablespoon apple cider vinegar
- 2 teaspoons dijon mustard
- 0.5 pound apples i use 2 granny smith apples thinly sliced

- 0.3 teaspoon salt
- 1 tablespoon shallots finely chopped
- 2.5 cups watercress trimmed
- 1 teaspoon vegetable oil

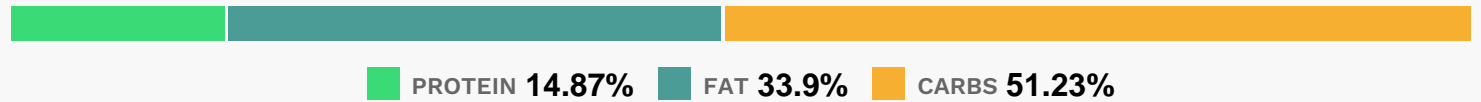
## Equipment

- bowl

## Directions

- To prepare dressing, combine first 7 ingredients in a jar. Cover tightly; shake vigorously. Refrigerate at least 2 hours.
- To prepare salad, combine lettuce and remaining ingredients in a bowl.
- Add dressing; toss well.

## Nutrition Facts



## Properties

Glycemic Index:44.29, Glycemic Load:1.88, Inflammation Score:-9, Nutrition Score:10.382608723381%

## Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 3.33mg, Kaempferol: 3.33mg, Kaempferol: 3.33mg, Kaempferol: 3.33mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.4mg, Quercetin: 7.4mg, Quercetin: 7.4mg, Quercetin: 7.4mg

## Nutrients (% of daily need)

Calories: 58.51kcal (2.93%), Fat: 2.38g (3.67%), Saturated Fat: 1.04g (6.48%), Carbohydrates: 8.1g (2.7%), Net Carbohydrates: 6.32g (2.3%), Sugar: 5.42g (6.02%), Cholesterol: 3.54mg (1.18%), Sodium: 179.31mg (7.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.35g (4.7%), Vitamin K: 97.59µg (92.94%), Vitamin A: 2442.3IU (48.85%), Vitamin C: 10.2mg (12.36%), Folate: 47.39µg (11.85%), Manganese: 0.19mg (9.36%), Potassium: 256.72mg

(7.33%), Fiber: 1.78g (7.12%), Calcium: 67.5mg (6.75%), Phosphorus: 53.85mg (5.39%), Vitamin B2: 0.08mg (4.94%), Vitamin B6: 0.1mg (4.9%), Iron: 0.88mg (4.9%), Vitamin B1: 0.06mg (3.97%), Magnesium: 15.33mg (3.83%), Vitamin E: 0.4mg (2.64%), Selenium: 1.76µg (2.52%), Vitamin B5: 0.25mg (2.51%), Zinc: 0.29mg (1.96%), Copper: 0.04mg (1.87%), Vitamin B3: 0.34mg (1.69%)