



Watercress, Jícama, and Orange Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



155 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon aniseed crushed
- ☐ 0.3 teaspoon ground pepper
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 tablespoon honey
- ☐ 4 cups jicama peeled (from)
- ☐ 6 navel oranges
- ☐ 0.3 cup olive oil
- ☐ 2 tablespoons orange juice

- ☐ 8 ounce pimientos drained sliced
- ☐ 1 tablespoon red wine vinegar
- ☐ 2 large bunches watercress thick trimmed

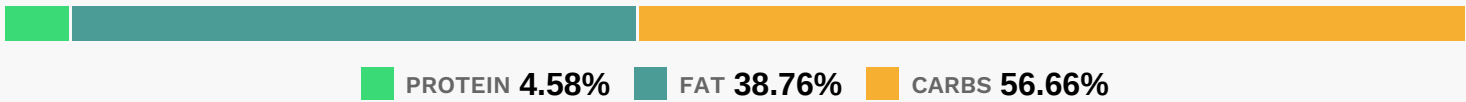
Equipment

- ☐ bowl
- ☐ knife
- ☐ whisk

Directions

- ☐ Whisk first 5 ingredients in small bowl to blend. Gradually whisk in oil. Season with salt and pepper. (Can be made 1 day ahead. Cover and chill. Rewhisk before using.)
- ☐ Remove peel and white pith from oranges. Working over large bowl to catch juices and using small sharp knife, cut oranges between membranes to release segments into bowl.
- ☐ Add jicama, pimientos, and cilantro.
- ☐ Add dressing and toss to coat. Season salad with salt and pepper.
- ☐ Divide watercress among 8 plates. Top with orange salad and serve.

Nutrition Facts



Properties

Glycemic Index:33.16, Glycemic Load:2.25, Inflammation Score:-8, Nutrition Score:11.025652177956%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 23.47mg, Hesperetin: 23.47mg, Hesperetin: 23.47mg, Hesperetin: 23.47mg Naringenin: 7.55mg, Naringenin: 7.55mg, Naringenin: 7.55mg, Naringenin: 7.55mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 154.77kcal (7.74%), Fat: 7.11g (10.94%), Saturated Fat: 0.98g (6.14%), Carbohydrates: 23.4g (7.8%), Net Carbohydrates: 17.19g (6.25%), Sugar: 13.56g (15.07%), Cholesterol: 0mg (0%), Sodium: 9.27mg (0.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.89g (3.78%), Vitamin C: 107.13mg (129.86%), Fiber: 6.21g (24.85%), Vitamin A: 1102.29IU (22.05%), Folate: 47.22µg (11.81%), Vitamin E: 1.7mg (11.35%), Potassium: 343.67mg (9.82%), Vitamin B6: 0.19mg (9.53%), Vitamin K: 9.38µg (8.93%), Iron: 1.24mg (6.87%), Vitamin B1: 0.1mg (6.36%), Vitamin B2: 0.1mg (5.73%), Calcium: 57.27mg (5.73%), Magnesium: 22.42mg (5.6%), Manganese: 0.11mg (5.3%), Copper: 0.09mg (4.74%), Phosphorus: 43.9mg (4.39%), Vitamin B3: 0.83mg (4.13%), Vitamin B5: 0.38mg (3.79%), Zinc: 0.27mg (1.82%)