



Watercress, Orange, and Avocado Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



12

CALORIES



106 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.8 teaspoon aniseed
- ☐ 2 large avocado pitted peeled cut lengthwise into 1/2-inch-thick slices
- ☐ 2.5 tablespoons cilantro leaves fresh chopped
- ☐ 4 large garlic clove peeled
- ☐ 5 spring onion trimmed cut into thin matchstick-size strips
- ☐ 0.3 cup juice of lime fresh
- ☐ 4 large navel oranges
- ☐ 1 teaspoon olive oil

- ☐ 2.5 inch onion red
- ☐ 0.3 cup pomegranate juice
- ☐ 1 tablespoon pomegranate molasses
- ☐ 5 cups cabbage red thinly sliced
- ☐ 1 tablespoon serrano chiles minced seeded
- ☐ 10 cups watercress thick trimmed

Equipment

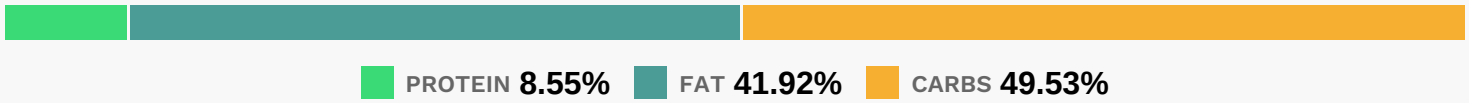
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ whisk
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Place garlic cloves on small baking sheet; broil until golden brown, about 2 1/2 minutes per side.
- ☐ Heat 1 teaspoon oil in heavy small skillet over medium heat.
- ☐ Add onion slices; cook until light brown and slightly softened, about 7 minutes per side. Finely chop garlic and onion.
- ☐ Whisk pomegranate juice and next 4 ingredients in small bowl.
- ☐ Whisk in 1/4 cup oil.
- ☐ Mix in onion and garlic. Season with salt and pepper.
- ☐ Whisk in cilantro.
- ☐ Cut off all peel and white pith from oranges.
- ☐ Cut between membranes to release segments.
- ☐ Combine cabbage, watercress, green onions, and orange segments in large bowl.
- ☐ Add dressing and avocado slices and toss gently to coat.

- ☐
- Transfer salad to large platter and serve.
- ☐
- *A thick pomegranate syrup; available at some supermarkets and Middle Eastern markets and by mail from Adriana's Caravan (
- adrianascaravan.com
-).

Nutrition Facts



Properties

Glycemic Index:19.17, Glycemic Load:1.12, Inflammation Score:-9, Nutrition Score:15.468261050141%

Flavonoids

Cyanidin: 78.05mg, Cyanidin: 78.05mg, Cyanidin: 78.05mg, Cyanidin: 78.05mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 10.66mg, Hesperetin: 10.66mg, Hesperetin: 10.66mg, Hesperetin: 10.66mg Naringenin: 3.33mg, Naringenin: 3.33mg, Naringenin: 3.33mg, Naringenin: 3.33mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 6.6mg, Kaempferol: 6.6mg, Kaempferol: 6.6mg, Kaempferol: 6.6mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 9.71mg, Quercetin: 9.71mg, Quercetin: 9.71mg, Quercetin: 9.71mg

Nutrients (% of daily need)

Calories: 105.56kcal (5.28%), Fat: 5.47g (8.42%), Saturated Fat: 0.79g (4.95%), Carbohydrates: 14.56g (4.85%), Net Carbohydrates: 10.11g (3.68%), Sugar: 7.18g (7.98%), Cholesterol: 0mg (0%), Sodium: 26.19mg (1.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.51g (5.02%), Vitamin K: 103.58µg (98.65%), Vitamin C: 67.66mg (82.01%), Vitamin A: 1552.17IU (31.04%), Fiber: 4.44g (17.77%), Folate: 57.65µg (14.41%), Potassium: 465.13mg (13.29%), Vitamin B6: 0.26mg (13.21%), Manganese: 0.26mg (12.86%), Calcium: 82.58mg (8.26%), Vitamin E: 1.21mg (8.04%), Vitamin B2: 0.14mg (7.95%), Vitamin B5: 0.76mg (7.65%), Vitamin B1: 0.11mg (7.44%), Magnesium: 29.31mg (7.33%), Phosphorus: 62.17mg (6.22%), Copper: 0.12mg (6.13%), Vitamin B3: 1.07mg (5.35%), Iron: 0.76mg (4.22%), Zinc: 0.42mg (2.77%), Selenium: 0.82µg (1.17%)