



Watercress Salad with Cotija Cheese and Fried Tortillas

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



246 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 pint cherry tomatoes halved (preferably heirloom)
- ☐ 4 7-inch corn tortillas halved ()
- ☐ 1 cup cotija cheese crumbled (also called añejo)
- ☐ 3 tablespoons olive oil
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon sherry vinegar

- ☐ 2 cups vegetable oil for frying
- ☐ 1 pound watercress

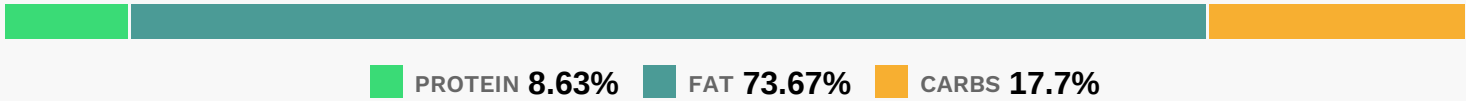
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ kitchen thermometer
- ☐ slotted spoon

Directions

- ☐ Heat 1 inch of vegetable oil in a 10- to 12-inch heavy skillet until thermometer registers 350°F, then fry tortilla strips, a handful at a time, until golden, 30 to 45 seconds.
- ☐ Transfer with a slotted spoon to paper towels to drain and season with salt.
- ☐ Whisk together vinegar, salt, and pepper in a small bowl, then add olive oil in a stream, whisking until combined well.
- ☐ Toss watercress with dressing in a large bowl and divide among 8 plates. Divide tomatoes and tortilla strips among salads, tucking strips into greens decoratively, and sprinkle salads with cheese.
- ☐ * Available at Latino markets and, in the winter months, Kitchen/Market (888-468-4433).

Nutrition Facts



Properties

Glycemic Index:17.69, Glycemic Load:3.54, Inflammation Score:-9, Nutrition Score:15.563913055088%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 13.06mg, Kaempferol: 13.06mg, Kaempferol: 13.06mg, Kaempferol: 13.06mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 17.42mg, Quercetin:

17.42mg, Quercetin: 17.42mg, Quercetin: 17.42mg

Nutrients (% of daily need)

Calories: 245.82kcal (12.29%), Fat: 20.78g (31.96%), Saturated Fat: 4.98g (31.13%), Carbohydrates: 11.23g (3.74%), Net Carbohydrates: 9.48g (3.45%), Sugar: 1.73g (1.92%), Cholesterol: 16.69mg (5.56%), Sodium: 323.87mg (14.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.48g (10.95%), Vitamin K: 167.05µg (159.09%), Vitamin C: 37.88mg (45.91%), Vitamin A: 2178.29IU (43.57%), Calcium: 180.83mg (18.08%), Vitamin E: 2.63mg (17.51%), Phosphorus: 165.83mg (16.58%), Vitamin B2: 0.25mg (14.71%), Manganese: 0.27mg (13.43%), Vitamin B6: 0.24mg (11.78%), Potassium: 359.99mg (10.29%), Magnesium: 32.86mg (8.21%), Vitamin B1: 0.12mg (7.78%), Fiber: 1.75g (7.01%), Selenium: 4.63µg (6.61%), Copper: 0.12mg (6.03%), Zinc: 0.9mg (6.02%), Vitamin B12: 0.32µg (5.28%), Iron: 0.89mg (4.93%), Folate: 19.63µg (4.91%), Vitamin B5: 0.45mg (4.52%), Vitamin B3: 0.86mg (4.31%)