



Watercress Salad with Fennel and Citrus



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



59 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 teaspoon dijon mustard
- ☐ 1.5 cups fennel bulb thinly sliced (1 small bulb)
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.5 teaspoon maple syrup
- ☐ 3 navel oranges
- ☐ 1.5 tablespoons olive oil extra-virgin
- ☐ 1 Dash pepper black freshly ground
- ☐ 0.5 cup radishes thinly sliced

- ☐ 1 Dash sea salt
- ☐ 4 cups watercress trimmed (1 bunch)

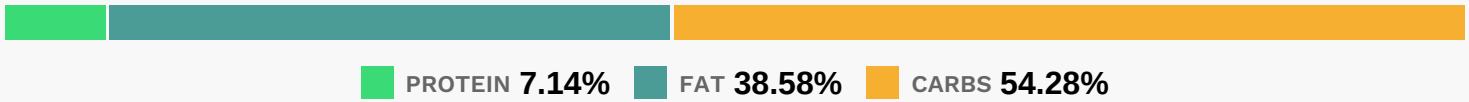
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ To prepare salad, combine the first 4 ingredients in a bowl.
- ☐ To prepare dressing, combine juice and remaining ingredients in a small bowl, stirring with a whisk.
- ☐ Drizzle dressing over watercress mixture; toss gently to coat.

Nutrition Facts



Properties

Glycemic Index:26.19, Glycemic Load:0.5, Inflammation Score:-6, Nutrition Score:7.917391323525%

Flavonoids

Pelargonidin: 4.58mg, Pelargonidin: 4.58mg, Pelargonidin: 4.58mg, Pelargonidin: 4.58mg Eriodictyol: 0.36mg, Eriodictyol: 0.36mg, Eriodictyol: 0.36mg, Eriodictyol: 0.36mg Hesperetin: 12.02mg, Hesperetin: 12.02mg, Hesperetin: 12.02mg, Hesperetin: 12.02mg Naringenin: 3.78mg, Naringenin: 3.78mg, Naringenin: 3.78mg, Naringenin: 3.78mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 3.98mg, Kaempferol: 3.98mg, Kaempferol: 3.98mg, Kaempferol: 3.98mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.25mg, Quercetin: 5.25mg, Quercetin: 5.25mg, Quercetin: 5.25mg

Nutrients (% of daily need)

Calories: 59.44kcal (2.97%), Fat: 2.79g (4.29%), Saturated Fat: 0.4g (2.48%), Carbohydrates: 8.83g (2.94%), Net Carbohydrates: 6.93g (2.52%), Sugar: 5.64g (6.26%), Cholesterol: 0mg (0%), Sodium: 30.66mg (1.33%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.16g (2.32%), Vitamin C: 42.82mg (51.91%), Vitamin K: 54.45µg (51.86%), Vitamin A: 695.25IU (13.9%), Fiber: 1.9g (7.61%), Potassium: 233.65mg (6.68%), Folate: 26.39µg (6.6%), Calcium: 53.96mg (5.4%), Manganese: 0.11mg (5.38%), Vitamin E: 0.73mg (4.86%), Vitamin B6: 0.08mg (3.92%), Vitamin B1: 0.06mg (3.73%), Vitamin B2: 0.06mg (3.63%), Magnesium: 13.48mg (3.37%), Phosphorus: 32.88mg (3.29%), Vitamin B5: 0.25mg (2.46%), Copper: 0.05mg (2.46%), Vitamin B3: 0.39mg (1.94%), Iron: 0.28mg (1.53%)