



Watercress Salad with Manchego, Membrillo, and Almonds

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



323 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 medium garlic clove minced
- 4 servings kosher salt
- 4 ounces manchego cheese shaved thin
- 0.3 cup olive oil extra virgin extra-virgin
- 2 tablespoons sherry vinegar
- 0.5 cup slivered almonds toasted
- 2 bunches watercress washed stemmed

4 ounces frangelico

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Equipment

bowl

whisk

Directions

Combine the garlic, vinegar, and a couple pinches of salt in a medium, nonreactive bowl.

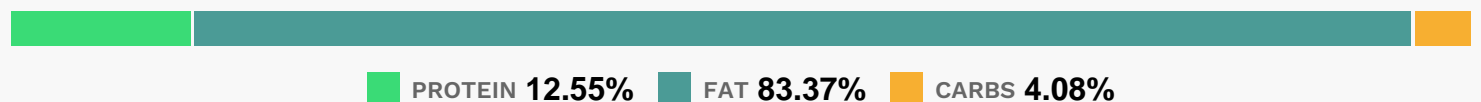
Whisking constantly, add the olive oil in a steady stream until completely incorporated.

Combine the watercress, almonds, half of the cheese shavings, and half of the diced membrillo in a second bowl.

Drizzle the dressing over the salad and toss to coat. Divide the salad among 4 plates and garnish with the remaining cheese and membrillo.

Serve immediately. Beverage pairing: Montsarra Cava, Spain. Cava is Spanish sparkling wine, and this one has the light-bodied spritz to merge seamlessly with the Manchego cheese, handle the bitterness of the cress, and appeal to the honeyed sweetness of the membrillo.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:0.22, Inflammation Score:-5, Nutrition Score:9.1243477178657%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg Kaempferol: 2.93mg, Kaempferol: 2.93mg, Kaempferol: 2.93mg, Kaempferol: 2.93mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg

Nutrients (% of daily need)

Calories: 323.04kcal (16.15%), Fat: 30.38g (46.73%), Saturated Fat: 9.47g (59.17%), Carbohydrates: 3.35g (1.12%), Net Carbohydrates: 1.58g (0.57%), Sugar: 0.62g (0.69%), Cholesterol: 30.33mg (10.11%), Sodium: 372.13mg (16.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.29g (20.58%), Vitamin K: 39.39µg (37.51%), Vitamin E: 5.53mg (36.84%), Calcium: 356.72mg (35.67%), Manganese: 0.36mg (17.77%), Vitamin A: 555IU (11.1%), Vitamin B2: 0.17mg (9.98%), Magnesium: 39.57mg (9.89%), Copper: 0.15mg (7.59%), Phosphorus: 74.18mg (7.42%), Fiber: 1.77g (7.06%), Vitamin C: 5.65mg (6.84%), Potassium: 146.31mg (4.18%), Iron: 0.65mg (3.61%), Zinc: 0.45mg (2.98%), Vitamin B1: 0.04mg (2.69%), Vitamin B3: 0.52mg (2.59%), Vitamin B6: 0.04mg (2.2%), Folate: 7.09µg (1.77%), Selenium: 0.77µg (1.1%), Vitamin B5: 0.11mg (1.07%)