






 **90%**
HEALTH SCORE

Watercress Salad With Miso-Lime Dressing

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN

45 min.

SERVINGS

4

CALORIES

111 kcal

SIDE DISH **ANTIPASTI** **STARTER** **SNACK**

Ingredients

- 2 cups sprouts fresh
- 1 cup mung bean sprouts fresh with no brown on them)
- 3 spring onion entire chopped (use onion)
- 0.8 cup grape tomatoes sliced
- 0.8 cup and orange peppers diced
- 0.3 cup cilantro leaves chopped
- 0.3 cup sesame seed toasted
- 4 cups watercress with some stem

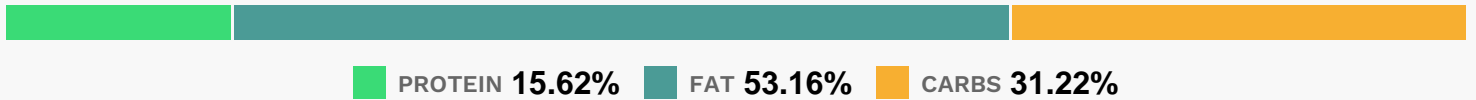
- 4 servings lime
- 2 Tbsp juice of lime fresh
- 2 Tsp sesame oil
- 1 Tsp miso white

Equipment

Directions

- Toss together all ingredients except watercress.
- Mix in Miso-Lime Dressing.
- Divide watercress between 4 plates. Divide mixed sprout salad with Miso-Lime Dressing between the 4 plates. Delicious!!

Nutrition Facts



Properties

Glycemic Index:73.5, Glycemic Load:1.6, Inflammation Score:-9, Nutrition Score:19.144782608696%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 3.68mg, Hesperetin: 3.68mg, Hesperetin: 3.68mg, Hesperetin: 3.68mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 8.07mg, Kaempferol: 8.07mg, Kaempferol: 8.07mg, Kaempferol: 8.07mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 12.3mg, Quercetin: 12.3mg, Quercetin: 12.3mg, Quercetin: 12.3mg

Nutrients (% of daily need)

Calories: 111.29kcal (5.56%), Fat: 7.37g (11.34%), Saturated Fat: 1.05g (6.56%), Carbohydrates: 9.74g (3.25%), Net Carbohydrates: 6.2g (2.25%), Sugar: 3.67g (4.08%), Cholesterol: 0mg (0%), Sodium: 78.18mg (3.4%), Protein: 4.87g (9.75%), Vitamin K: 124.75µg (118.81%), Vitamin C: 65.24mg (79.08%), Vitamin A: 2390.03IU (47.8%), Copper: 0.52mg (26.06%), Manganese: 0.49mg (24.5%), Calcium: 156.98mg (15.7%), Magnesium: 60.19mg (15.05%), Folate: 58.97µg (14.74%), Fiber: 3.55g (14.19%), Vitamin B6: 0.27mg (13.29%), Phosphorus: 127.43mg (12.74%), Iron: 2.26mg (12.55%), Vitamin B1: 0.18mg (11.71%), Potassium: 382.13mg (10.92%), Vitamin B2: 0.16mg (9.46%), Zinc: 1.23mg (8.21%), Vitamin E: 1.12mg (7.49%), Vitamin B3: 1.3mg (6.51%), Selenium: 4.02µg (5.74%), Vitamin B5: 0.46mg (4.57%)