



Watercress Salad with Papaya and Lemon Dressing

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

32 min.

SERVINGS

servings

6

CALORIES

calories

151 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 pint cherry tomatoes halved
- ☐ 1 teaspoon dijon mustard
- ☐ 2 cucumbers english seeds removed and sliced into 1/ slices peeled quartered
- ☐ 6 cups watercress and greens mixed dried fresh rinsed
- ☐ 1 optional: lemon fresh
- ☐ 1 cup olive oil extra-virgin

- ☐ 1 papaya seeds removed and reserved peeled sliced
- ☐ 1 papaya shredded peeled cut into bite-sized lengths
- ☐ 0.3 cup rice wine vinegar
- ☐ 1 teaspoon salt

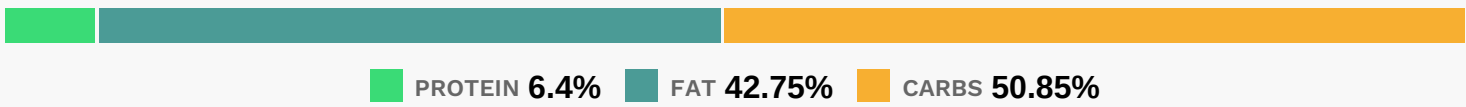
Equipment

- ☐ bowl
- ☐ blender
- ☐ microwave

Directions

- ☐ Microwave the lemon in a small bowl to release essential oils, and set aside until cool enough to handle. Through the feed opening of a running blender add, one at a time, the papaya, papaya seeds, Dijon mustard, vinegar, salt, pepper, and juice from the microwaved lemon. (Note: If you squeeze the lemon with the sliced side against your palm, the seeds are likely to stay in the rind.) Then with the blender still running, add the olive oil in a slow thin stream. Please note that the edible papaya seeds lend a wonderful mustard-y taste to the dressing, but are coarse in texture. If you find the texture to be too coarse for you, strain the dressing before use.
- ☐ Toss the greens, cucumber, tomatoes and papaya strings with enough of the dressing to coat, serving additional dressing on the side.

Nutrition Facts



Properties

Glycemic Index:42.83, Glycemic Load:5.73, Inflammation Score:-9, Nutrition Score:13.919130366781%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg

Kaempferol: 0.15mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 150.67kcal (7.53%), Fat: 7.77g (11.96%), Saturated Fat: 1.14g (7.12%), Carbohydrates: 20.8g (6.93%), Net Carbohydrates: 17.47g (6.35%), Sugar: 12.02g (13.36%), Cholesterol: 0mg (0%), Sodium: 426.66mg (18.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.62g (5.24%), Vitamin C: 101.32mg (122.81%), Vitamin A: 1912.71IU (38.25%), Vitamin K: 25.73µg (24.5%), Folate: 71.6µg (17.9%), Potassium: 599.71mg (17.13%), Manganese: 0.29mg (14.37%), Fiber: 3.34g (13.34%), Vitamin E: 1.84mg (12.29%), Magnesium: 47.88mg (11.97%), Vitamin B6: 0.19mg (9.4%), Copper: 0.18mg (8.75%), Iron: 1.5mg (8.32%), Phosphorus: 76.15mg (7.62%), Vitamin B1: 0.1mg (6.64%), Vitamin B5: 0.64mg (6.4%), Vitamin B2: 0.1mg (6%), Calcium: 56.67mg (5.67%), Vitamin B3: 1.12mg (5.61%), Zinc: 0.49mg (3.3%), Selenium: 1.88µg (2.68%)