



Watercress Salad with Pickled Quail Eggs

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



248 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 12 cups peas organic
- 0.1 teaspoon pepper black
- 1 tablespoon dijon mustard
- 2 tablespoons olive oil
- 2 tablespoons quail eggs
- 20 large quail eggs halved sliced quartered
- 0.1 teaspoon salt
- 0.3 cup vegetable oil

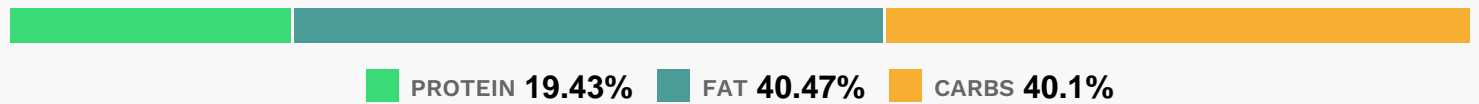
Equipment

- bowl
- whisk

Directions

- Whisk together pickling liquid, mustard, salt, and pepper in a small bowl, then add oils in a slow stream, whisking until emulsified.
- Toss watercress with just enough dressing to coat in a large bowl and season with salt and pepper.
- Serve salad with eggs.

Nutrition Facts



Properties

Glycemic Index:10.83, Glycemic Load:6.72, Inflammation Score:-8, Nutrition Score:22.186087090036%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg

Nutrients (% of daily need)

Calories: 247.96kcal (12.4%), Fat: 11.32g (17.42%), Saturated Fat: 2.09g (13.07%), Carbohydrates: 25.24g (8.41%), Net Carbohydrates: 15.25g (5.54%), Sugar: 9.97g (11.08%), Cholesterol: 176.88mg (58.96%), Sodium: 83.88mg (3.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.23g (24.46%), Vitamin C: 69.61mg (84.37%), Vitamin K: 54.99µg (52.37%), Fiber: 9.99g (39.96%), Manganese: 0.73mg (36.54%), Vitamin B1: 0.49mg (32.86%), Folate: 127.04µg (31.76%), Vitamin A: 1446.1IU (28.92%), Phosphorus: 236.94mg (23.69%), Vitamin B2: 0.4mg (23.31%), Iron: 3.37mg (18.7%), Vitamin B3: 3.68mg (18.38%), Zinc: 2.48mg (16.5%), Vitamin B6: 0.33mg (16.33%), Copper: 0.32mg (16.03%), Magnesium: 60.91mg (15.23%), Selenium: 10.35µg (14.79%), Potassium: 454.84mg (13%), Vitamin E: 1.31mg (8.71%), Calcium: 58.01mg (5.8%), Vitamin B5: 0.55mg (5.55%), Vitamin B12: 0.33µg (5.52%), Vitamin D: 0.29µg (1.96%)