



Watercress Salad with Roasted Tomato Dressing

 Vegetarian

READY IN



30 min.

SERVINGS



8

CALORIES



233 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pint cherry tomatoes
- ☐ 0.3 baguette french thinly sliced
- ☐ 1 clove garlic smashed
- ☐ 8 ounces creamy goat cheese room temperature
- ☐ 8 servings kosher salt and pepper black freshly ground
- ☐ 8 servings olive oil extra-virgin for drizzling, plus 1/4 cup for the dressing
- ☐ 1 Handful parsley leaves fresh

- ☐ 1 tablespoon red wine vinegar
- ☐ 1 teaspoon sugar
- ☐ 2 bunches hydroponic watercress feathery variety

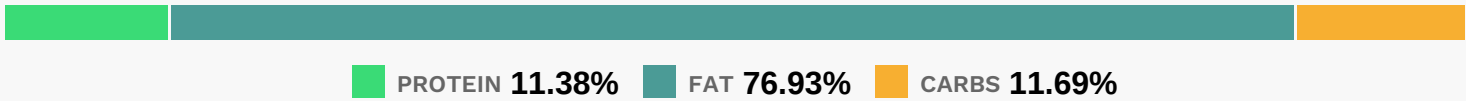
Equipment

- ☐ frying pan
- ☐ oven
- ☐ blender

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Take a roasting dish and lay the tomatoes out with the garlic.
- ☐ Drizzle with olive oil and season with salt and pepper.
- ☐ Place in the oven and roast for 15 to 20 minutes until the tomatoes have burst and juices are slightly caramelized.
- ☐ Remove from the oven and place in a blender with all the pan juices.
- ☐ Add the red wine vinegar, 1/4 cup olive oil, sugar, parsley, and salt and pepper. Pulse until well combined. Set aside to cool in the refrigerator while you prepare the croutons.
- ☐ Take a sheet tray and lay out thin slices of the baguette.
- ☐ Drizzle with olive oil and season with salt and pepper.
- ☐ Place in the hot oven and bake until golden brown and crispy. The croutons will take 5 to 7 minutes.
- ☐ Remove from oven and while still warm, smear each piece with some goat cheese. Set aside.
- ☐ Take a platter and layer with goat cheese croutons. Top with mounds of feathery watercress and drizzle over the roasted tomato dressing.

Nutrition Facts



Properties

Glycemic Index:33.48, Glycemic Load:3, Inflammation Score:-6, Nutrition Score:8.1065216012623%

Flavonoids

Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 1.45mg, Kaempferol: 1.45mg, Kaempferol: 1.45mg, Kaempferol: 1.45mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg

Nutrients (% of daily need)

Calories: 233.44kcal (11.67%), Fat: 20.27g (31.19%), Saturated Fat: 6.12g (38.25%), Carbohydrates: 6.93g (2.31%), Net Carbohydrates: 6.27g (2.28%), Sugar: 2.61g (2.9%), Cholesterol: 13.04mg (4.35%), Sodium: 162.47mg (7.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.75g (13.49%), Vitamin K: 34.82µg (33.17%), Vitamin C: 16.96mg (20.56%), Vitamin E: 2.49mg (16.59%), Vitamin A: 824.22IU (16.48%), Copper: 0.27mg (13.48%), Phosphorus: 101.48mg (10.15%), Vitamin B2: 0.15mg (9.09%), Manganese: 0.16mg (8.13%), Iron: 1.36mg (7.54%), Vitamin B6: 0.14mg (6.96%), Calcium: 63.97mg (6.4%), Vitamin B1: 0.09mg (6.23%), Folate: 20.8µg (5.2%), Potassium: 173.11mg (4.95%), Vitamin B3: 0.81mg (4.07%), Selenium: 2.55µg (3.64%), Magnesium: 13.79mg (3.45%), Vitamin B5: 0.32mg (3.24%), Zinc: 0.42mg (2.82%), Fiber: 0.66g (2.64%)