



Watercress Salad with Warm Bacon Dressing



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



91 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 bunches watercress whole hot (Try to get mature watercress as shown in the photo, not the hydroponic watercress that Foods carries. It will hold up better to the dressing.)
- ☐ 3 slices bacon
- ☐ 0.3 cup apple cider vinegar
- ☐ 4 teaspoons sugar
- ☐ 4 servings salt and pepper
- ☐ 1 pinch ground mustard
- ☐ 1 pinch paprika sweet ()

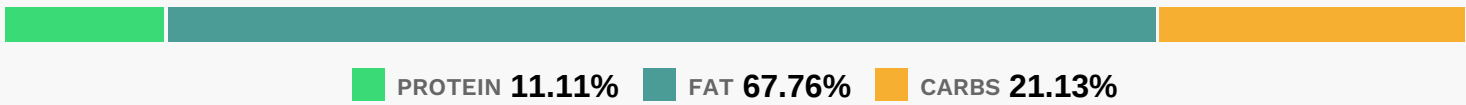
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Prep the watercress: Rinse thoroughly the watercress, removing old leaves and thick stems. Set aside in a serving bowl.
- ☐ Heat a small stick-free pan on medium heat and cook the bacon until done, several minutes on each side.
- ☐ Remove the bacon from the pan and put on a paper towel. Keep the bacon fat in the pan.
- ☐ Add the cider vinegar and sugar to the bacon fat. Stir to dissolve.
- ☐ Sprinkle with salt and pepper, add a pinch of ground mustard and a pinch of paprika. Taste and adjust seasoning. This is a sweet-sour dressing, so if it is too acidic, add a bit more sugar, if too sweet, add a bit more vinegar.
- ☐ Pour hot dressing over watercress: Bring the dressing to a simmer.
- ☐ Pour over the watercress. Crumble the bacon over the top. Toss and serve.

Nutrition Facts



Properties

Glycemic Index:39.27, Glycemic Load:2.89, Inflammation Score:-4, Nutrition Score:3.8856521676416%

Flavonoids

Kaempferol: 2.88mg, Kaempferol: 2.88mg, Kaempferol: 2.88mg, Kaempferol: 2.88mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg

Nutrients (% of daily need)

Calories: 90.69kcal (4.53%), Fat: 6.7g (10.3%), Saturated Fat: 2.21g (13.8%), Carbohydrates: 4.7g (1.57%), Net Carbohydrates: 4.52g (1.64%), Sugar: 4.12g (4.58%), Cholesterol: 10.89mg (3.63%), Sodium: 309.13mg (13.44%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.47g (4.94%), Vitamin K: 31.46µg (29.97%), Vitamin A: 528.19IU (10.56%), Vitamin C: 5.39mg (6.54%), Selenium: 4µg (5.72%), Manganese: 0.08mg (4.01%), Vitamin B1: 0.06mg (3.98%), Vitamin B3: 0.73mg (3.63%), Phosphorus: 35.31mg (3.53%), Vitamin B6: 0.07mg (3.32%), Potassium: 92.49mg (2.64%), Vitamin B2: 0.03mg (1.93%), Vitamin E: 0.28mg (1.88%), Calcium: 18.27mg (1.83%), Magnesium: 6.73mg (1.68%), Zinc: 0.24mg (1.61%), Vitamin B5: 0.14mg (1.39%), Vitamin B12: 0.08µg (1.38%), Iron: 0.2mg (1.12%), Copper: 0.02mg (1.08%)