



Watermelon and Watercress Salad with Ginger



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



81 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup cucumber peeled seeded ()
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 teaspoons ginger fresh minced peeled
- ☐ 1 garlic clove minced
- ☐ 4 spring onion thinly sliced
- ☐ 1.5 teaspoons lime zest grated
- ☐ 2 tablespoons rice vinegar
- ☐ 2 cups watercress thick packed trimmed

- ☐ 1.5 tablespoons vegetable oil
- ☐ 2 cups seeded/seedless watermelon seedless peeled

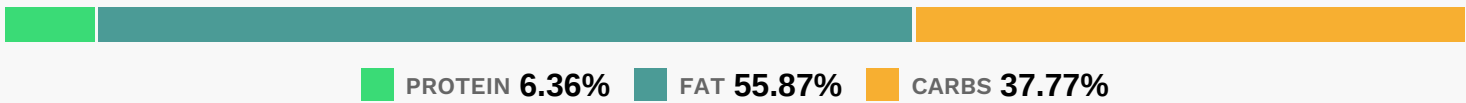
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk vinegar, oil, ginger, lime peel, and garlic in large bowl to blend. Season to taste with salt and pepper.
- ☐ Add watermelon and all remaining ingredients to bowl with dressing and toss to coat. Divide salad among 4 plates and serve.
- ☐ Per serving: calories, 76; total fat, 5 g; saturated fat, 1 g; cholesterol, 0
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:78.17, Glycemic Load:4.47, Inflammation Score:-7, Nutrition Score:8.1917390875194%

Flavonoids

Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 4.42mg, Kaempferol: 4.42mg, Kaempferol: 4.42mg, Kaempferol: 4.42mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 6.93mg, Quercetin: 6.93mg, Quercetin: 6.93mg, Quercetin: 6.93mg

Nutrients (% of daily need)

Calories: 81.4kcal (4.07%), Fat: 5.32g (8.19%), Saturated Fat: 0.81g (5.04%), Carbohydrates: 8.1g (2.7%), Net Carbohydrates: 7.08g (2.58%), Sugar: 5.53g (6.15%), Cholesterol: 0mg (0%), Sodium: 11.21mg (0.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.36g (2.73%), Vitamin K: 82.31µg (78.39%), Vitamin A: 1186.41IU (23.73%), Vitamin C: 17.56mg (21.28%), Manganese: 0.14mg (6.87%), Potassium: 232.85mg (6.65%), Vitamin E: 0.73mg (4.87%), Vitamin B6: 0.09mg (4.66%), Magnesium: 18.56mg (4.64%), Copper: 0.09mg (4.31%), Folate: 16.96µg (4.24%), Calcium: 41.93mg (4.19%), Fiber: 1.02g (4.07%), Vitamin B1: 0.06mg (4%), Vitamin B2: 0.06mg (3.37%),

Phosphorus: 32.4mg (3.24%), Vitamin B5: 0.32mg (3.23%), Iron: 0.51mg (2.84%), Zinc: 0.22mg (1.44%), Vitamin B3: 0.27mg (1.35%), Selenium: 0.73µg (1.04%)