



Watermelon Radish and Goat Cheese Salad



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



270 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 head boston lettuce separated
- ☐ 0.8 cup dill fronds
- ☐ 0.5 cucumber english halved sliced
- ☐ 4 ounces goat cheese fresh
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.3 cup juice of lemon
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 small shallots thinly sliced

2 watermelon radishes peeled sliced quartered

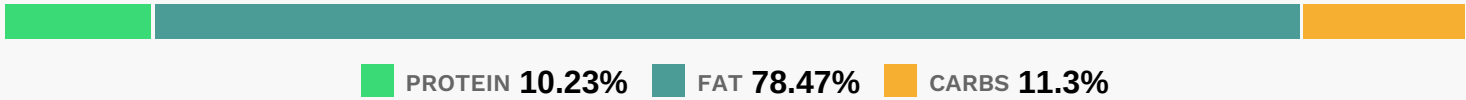
Equipment

 bowl

Directions

 Put all ingredients except cheese in a large bowl, tossing gently to combine. Assemble salads on 4 plates, and top each salad with crumbled cheese.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.81, Inflammation Score:-9, Nutrition Score:13.918695724529%

Flavonoids

Pelargonidin: 53.66mg, Pelargonidin: 53.66mg, Pelargonidin: 53.66mg, Pelargonidin: 53.66mg Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 3.83mg, Isorhamnetin: 3.83mg, Isorhamnetin: 3.83mg, Isorhamnetin: 3.83mg Kaempferol: 1.96mg, Kaempferol: 1.96mg, Kaempferol: 1.96mg, Kaempferol: 1.96mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 6.04mg, Quercetin: 6.04mg, Quercetin: 6.04mg, Quercetin: 6.04mg

Nutrients (% of daily need)

Calories: 270.13kcal (13.51%), Fat: 24.33g (37.44%), Saturated Fat: 6.68g (41.76%), Carbohydrates: 7.88g (2.63%), Net Carbohydrates: 5.45g (1.98%), Sugar: 3.72g (4.13%), Cholesterol: 13.04mg (4.35%), Sodium: 437.59mg (19.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.14g (14.27%), Vitamin K: 60.34µg (57.47%), Vitamin A: 2369.13IU (47.38%), Vitamin C: 29.03mg (35.19%), Folate: 75.42µg (18.85%), Vitamin E: 2.75mg (18.35%), Manganese: 0.32mg (16.09%), Copper: 0.29mg (14.65%), Potassium: 459.39mg (13.13%), Phosphorus: 122.81mg (12.28%), Iron: 2.21mg (12.27%), Vitamin B2: 0.21mg (12.24%), Vitamin B6: 0.22mg (11.23%), Calcium: 103.12mg (10.31%), Fiber: 2.43g (9.71%), Magnesium: 30.29mg (7.57%), Vitamin B5: 0.56mg (5.64%), Zinc: 0.77mg (5.13%), Vitamin B1: 0.08mg (5.06%), Vitamin B3: 0.68mg (3.42%), Selenium: 1.75µg (2.5%)