



Zingy radish salad

 Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



182 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 oranges
- ☐ 1 tbsp red wine vinegar
- ☐ 0.5 small onion red thinly sliced
- ☐ 200 g radishes thinly sliced
- ☐ 200 g salmon smoked
- ☐ 75 g watercress
- ☐ 4 servings brown bread

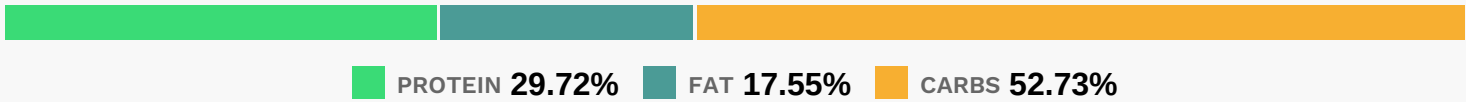
Equipment

☐ bowl

Directions

- ☐ Segment the oranges over a salad bowl, allowing the segments and any juice to fall into the bowl. Stir in the vinegar, onion and radishes, add some seasoning and allow to stand for 5 mins.
- ☐ Divide the smoked salmon between 4 plates. Toss the watercress through the radish mix, then put a handful on top of the salmon, making sure you have a bit of everything on each plate.
- ☐ Serve with any juices from the bowl poured over, and some brown bread if you like.

Nutrition Facts



Properties

Glycemic Index:48.04, Glycemic Load:10.38, Inflammation Score:-8, Nutrition Score:19.570869528729%

Flavonoids

Pelargonidin: 31.57mg, Pelargonidin: 31.57mg, Pelargonidin: 31.57mg, Pelargonidin: 31.57mg Hesperetin: 17.85mg, Hesperetin: 17.85mg, Hesperetin: 17.85mg, Hesperetin: 17.85mg Naringenin: 10.03mg, Naringenin: 10.03mg, Naringenin: 10.03mg, Naringenin: 10.03mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 4.92mg, Kaempferol: 4.92mg, Kaempferol: 4.92mg, Kaempferol: 4.92mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 8.71mg, Quercetin: 8.71mg, Quercetin: 8.71mg, Quercetin: 8.71mg

Nutrients (% of daily need)

Calories: 182.28kcal (9.11%), Fat: 3.59g (5.52%), Saturated Fat: 0.7g (4.35%), Carbohydrates: 24.27g (8.09%), Net Carbohydrates: 20.45g (7.43%), Sugar: 9.28g (10.31%), Cholesterol: 11.5mg (3.83%), Sodium: 552.48mg (24.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.68g (27.35%), Vitamin C: 51.4mg (62.3%), Vitamin D: 8.55µg (57%), Vitamin K: 49µg (46.67%), Selenium: 25.13µg (35.9%), Vitamin B12: 1.63µg (27.17%), Manganese: 0.46mg (22.92%), Vitamin B3: 4.29mg (21.45%), Vitamin A: 793.52IU (15.87%), Folate: 61.25µg (15.31%), Phosphorus: 152.83mg (15.28%), Fiber: 3.82g (15.28%), Vitamin B6: 0.29mg (14.28%), Vitamin B1: 0.21mg (14.18%), Potassium: 445.44mg (12.73%), Copper: 0.23mg (11.55%), Vitamin B2: 0.19mg (11.35%), Calcium: 105.09mg (10.51%), Vitamin B5: 0.99mg (9.86%), Iron: 1.75mg (9.73%), Magnesium: 37.49mg (9.37%), Vitamin E: 1.04mg (6.91%), Zinc: 0.68mg (4.51%)