

Watercress Salad

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-watercress-recipe>

Ingredients:

- sea salt
- pepper
- 1/2 lemon
- 1 teaspoon honey
- 4 tablespoons olive oil
- 2 handfuls watercress purple
- 1/2 red apple small, Gala for me, cored, quartered and finely sliced with a mandoline
- 3 radishes pink, finely sliced with a mandoline
- 3 tablespoons feta cheese crumbled
- black sesame seeds to sprinkle and to taste

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 5 milligrams
4. Fat: 19 grams
5. Fiber: 3 grams
6. Protein: 3 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 280 milligrams
9. Sugar: 4 grams

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