Recipe: Watercress and Cucumber Salad

Watercress and Cucumber Salad
Number of Servings: 8 (151.31 g per serving)
Weight: 1210.49 g

Recipe

Item Name	Quantity	Measure
Cucumber, w/o skin, fresh, sliced	3	Cup
Juice, lemon, fresh	2	Tablespoon
Hemp Oil	2	Tablespoon
Spice, pepper, black	1	Teaspoon
Greens, watercress, fresh, chpd	6	Cup
Artichokes, hearts, w/water, cnd	14	Ounce-weight
Celery, stalk, fresh, med	2	Each
Onion, red, fresh, chpd	1/2	Cup

Nutrients

Nutrients	Per Servi...	Nutrients	Per Servi...
Basic Components		Biotin (mcg)	0.46
Gram Weight (g)	151.31	Vitamin C (mg)	22.45
Calories (kcal)	74.11	Vitamin D - IU (IU)	0
Calories from Fat (kcal)	32.29	Vitamin D - mcg (mcg)	0
Calories from SatFat (kcal)	2.43	Vitamin E - Alpha-Toco (mg)	0.28
Protein (g)	2.90	Folate (mcg)	10.96
Carbohydrates (g)	8.67	Folate, DFE (mcg)	10.96
Dietary Fiber (g)	2.72	Vitamin K (mcg)	67.43
Soluble Fiber (g)	0.01	Pantothenic Acid (mg)	0.20
Total Sugars (g)	1.18	Minerals	
Monosaccharides (g)	0.94	Calcium (mg)	45.56
Disaccharides (g)	0.10	Chromium (mcg)	0.04
Other Carbs (g)	4.77	Copper (mg)	0.06
Fat (g)	3.62	Fluoride (mg)	0.00

Nutrients cont.

Nutrients	Per Servi...	Nutrients	Per Servi...
Saturated Fat (g)	0.27	Iodine (mcg)	0.20
Mono Fat (g)	0.51	Iron (mg)	0.29
Poly Fat (g)	2.76	Magnesium (mg)	12.45
Trans Fatty Acid (g)	0	Manganese (mg)	0.12
Cholesterol (mg)	0	Molybdenum (mcg)	1.77
Water (g)	134.88	Phosphorus (mg)	28.25
Vitamins		Potassium (mg)	167.47
Vitamin A - IU (IU)	1037.27	Selenium (mcg)	0.34
Vitamin A - RAE (RAE)	51.86	Sodium (mg)	325.61
Carotenoid RE (RE)	103.73	Zinc (mg)	0.13
Retinol RE (RE)	0	Other Fats	
Beta-Carotene (mcg)	616.34	Omega 3 Fatty Acid (g)	0.63
Vitamin B1 (mg)	0.04	Omega 6 Fatty Acid (g)	0.01
Vitamin B2 (mg)	0.05	Other Nutrients	
Vitamin B3 (mg)	0.09	Alcohol (g)	0
Vitamin B3 - Niacin Equiv (mg)	0.29	Caffeine (mg)	0
Vitamin B6 (mg)	0.07	Choline (mg)	5.67
Vitamin B12 (mcg)	0		

Preparation Method

Preparation ...	Cook Time	Cook Temper...	Cook Method	Pan Size

Preparation Method Instructions

In blender, puree 1/2 of sliced cucumber (could also throw the cucumber skins in the blender, especially if organic), and lemon juice. While still running blender, add hemp oil slowly. Add pepper.

Rinse and quarter the artichoke hearts.

In serving bowl, add cucumber, watercress, artichoke, celery, red onion, and top with dressing. Can crumble on top: cajun season tofu, tempeh, or feta cheese.