



Chayote-Jicama Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



20 min.

SERVINGS



6

CALORIES



65 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 5 medium carrots
- 2 medium chayotes (Mexican squash)
- 0.5 to 1 jalapeño red seeds removed thinly sliced
- 0.5 small jicama
- 6 servings kosher salt
- 0.3 cup juice of lime fresh
- 1 tablespoon vegetable oil

Equipment

bowl

whisk

Directions

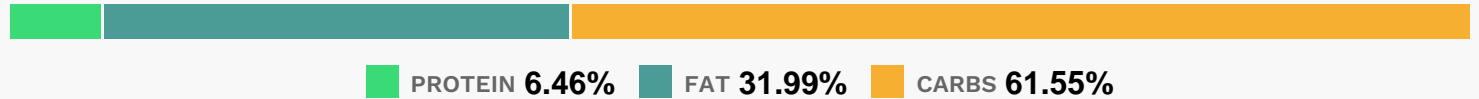
Whisk the lime juice, vegetable oil, jalapeno and 1/2 teaspoon salt in a medium bowl.

Peel and slice the chayotes into thin wedges. Peel the jicama; thinly slice lengthwise, then thinly slice crosswise into strips. Thinly slice the carrots.

Toss the vegetables with the dressing and season with salt. Cover and refrigerate up to 4 hours.

Photograph by Anna Williams

Nutrition Facts



Properties

Glycemic Index:17.81, Glycemic Load:1.83, Inflammation Score:-10, Nutrition Score:9.9047826476719%

Flavonoids

Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 64.63kcal (3.23%), Fat: 2.49g (3.83%), Saturated Fat: 0.38g (2.39%), Carbohydrates: 10.77g (3.59%), Net Carbohydrates: 7.04g (2.56%), Sugar: 3.98g (4.42%), Cholesterol: 0mg (0%), Sodium: 231.34mg (10.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.13g (2.26%), Vitamin A: 8516.43IU (170.33%), Vitamin C: 18.24mg (22.11%), Fiber: 3.73g (14.93%), Folate: 55.84µg (13.96%), Vitamin K: 13.02µg (12.4%), Manganese: 0.18mg (8.96%), Potassium: 282.82mg (8.08%), Vitamin B6: 0.13mg (6.37%), Vitamin E: 0.75mg (5.01%), Copper: 0.1mg (4.84%), Magnesium: 16.38mg (4.09%), Vitamin B3: 0.8mg (4%), Vitamin B1: 0.05mg (3.66%), Zinc: 0.51mg (3.4%), Phosphorus: 33.57mg (3.36%), Vitamin B2: 0.05mg (3.18%), Vitamin B5: 0.31mg (3.08%), Calcium: 30.07mg (3.01%), Iron: 0.51mg (2.84%)