



Chile-Dusted Oranges, Jícama, and Cucumber



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



8

CALORIES



65 kcal

SIDE DISH

Ingredients

- ☐ 8 servings cayenne to taste
- ☐ 0.5 cucumber seedless peeled halved lengthwise (usually plastic-wrapped)
- ☐ 1 lb jicama peeled quartered
- ☐ 4 navel oranges

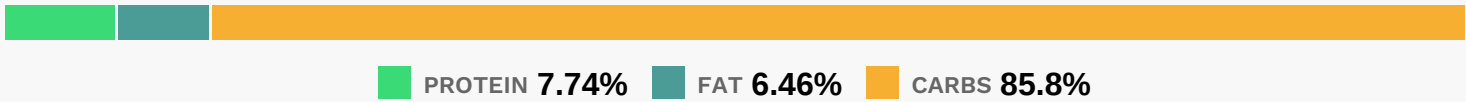
Equipment

- ☐ bowl
- ☐ knife
- ☐ ziploc bags

Directions

- ☐ Cut off peel and white pith from 3 oranges with a sharp knife.
- ☐ Cut peeled fruit in half lengthwise, then cut crosswise into 1/4-inch-thick slices.
- ☐ Cut remaining orange in half crosswise, then cut each half into 6 to 8 wedges for squeezing.
- ☐ Cut jicama wedges and cucumber crosswise into 1/4-inch-thick slices.
- ☐ Squeeze juice from 4 to 6 orange wedges into a bowl, then add jicama, cucumber, and salt to taste and toss well. Season orange slices with salt and arrange on a platter with jicama and cucumber. Lightly sprinkle with cayenne.
- ☐ Serve with remaining orange wedges.
- ☐ Oranges, jicama, and cucumber can be cut 3 hours ahead and chilled separately in sealed plastic bags.

Nutrition Facts



Properties

Glycemic Index:5.88, Glycemic Load:0.52, Inflammation Score:-7, Nutrition Score:8.0147824339245%

Flavonoids

Hesperetin: 15.31mg, Hesperetin: 15.31mg, Hesperetin: 15.31mg, Hesperetin: 15.31mg Naringenin: 4.97mg, Naringenin: 4.97mg, Naringenin: 4.97mg, Naringenin: 4.97mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 65.02kcal (3.25%), Fat: 0.52g (0.8%), Saturated Fat: 0.1g (0.6%), Carbohydrates: 15.59g (5.2%), Net Carbohydrates: 10.64g (3.87%), Sugar: 7.49g (8.32%), Cholesterol: 0mg (0%), Sodium: 3.94mg (0.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.41g (2.81%), Vitamin C: 54.88mg (66.52%), Vitamin A: 1036.69IU (20.73%), Fiber: 4.96g (19.82%), Folate: 34.04µg (8.51%), Potassium: 269.09mg (7.69%), Vitamin B6: 0.14mg (6.78%), Vitamin E: 0.97mg (6.45%), Manganese: 0.11mg (5.46%), Magnesium: 19.98mg (5%), Vitamin B1: 0.07mg (4.7%), Vitamin K: 4.85µg (4.62%), Vitamin B2: 0.08mg (4.51%), Calcium: 42.86mg (4.29%), Phosphorus: 36.67mg (3.67%), Iron: 0.64mg (3.55%), Copper: 0.07mg (3.48%), Vitamin B5: 0.31mg (3.08%), Vitamin B3: 0.6mg (3.02%), Zinc: 0.23mg (1.56%)