



Chop Chop Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



40 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup cucumber chopped
- 0.3 cup cilantro leaves fresh chopped
- 2 green onions chopped
- 1 cup jicama peeled chopped
- 1 cup orange bell pepper chopped
- 1 grapefruit red
- 1 tomatoes chopped

Equipment

bowl

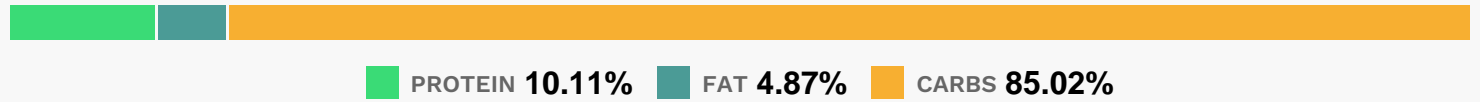
knife

Directions

With a very sharp knife, cut a slice from the bottom and top of the grapefruit, cutting into the fruit. Stand the grapefruit up on a work surface, and slice off the peel and white pith in vertical slices, exposing the fruit segments (cut slightly into the fruit part). Use your knife to gently slice between the exposed white membranes, and loosen the grapefruit segments into a bowl. Pick out any seeds.

Place the grapefruit sections, jicama, orange bell pepper, cucumber, tomato, green onions, and cilantro into a salad bowl, and toss gently to mix.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:1.69, Inflammation Score:-8, Nutrition Score:7.7826088770576%

Flavonoids

Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 13.52mg, Naringenin: 13.52mg, Naringenin: 13.52mg, Naringenin: 13.52mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

Nutrients (% of daily need)

Calories: 39.69kcal (1.98%), Fat: 0.24g (0.37%), Saturated Fat: 0.04g (0.24%), Carbohydrates: 9.39g (3.13%), Net Carbohydrates: 6.63g (2.41%), Sugar: 5.2g (5.78%), Cholesterol: 0mg (0%), Sodium: 4.28mg (0.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.12g (2.23%), Vitamin C: 53.41mg (64.73%), Vitamin A: 1525.17IU (30.5%), Vitamin K: 14.84µg (14.14%), Fiber: 2.76g (11.05%), Folate: 28.5µg (7.13%), Vitamin B6: 0.13mg (6.71%), Potassium: 233.49mg (6.67%), Manganese: 0.1mg (4.93%), Vitamin E: 0.7mg (4.68%), Magnesium: 15.16mg (3.79%), Vitamin B1: 0.05mg (3.5%), Vitamin B2: 0.05mg (3.17%), Copper: 0.06mg (3.02%), Vitamin B5: 0.29mg (2.94%), Phosphorus: 29.11mg (2.91%), Vitamin B3: 0.53mg (2.64%), Iron: 0.44mg (2.47%), Calcium: 21.84mg (2.18%), Zinc: 0.22mg (1.45%)