



Citrus-Jicama Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



9 min.

SERVINGS



4

CALORIES



82 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 24 ounce grapefruit sections red
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 0.7 cup jicama peeled

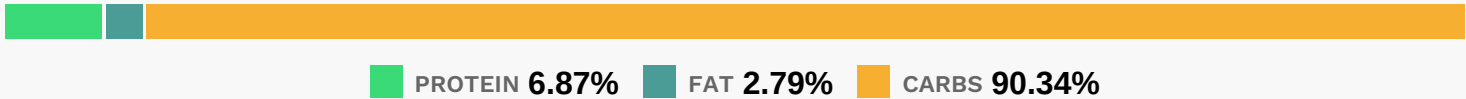
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Drain red grapefruit sections, reserving 1/4 cup juice.
- ☐ Combine juice, mint, and cinnamon in a medium bowl; stir with a whisk.
- ☐ Add grapefruit sections and jicama; toss gently.

Nutrition Facts



Properties

Glycemic Index:11.25, Glycemic Load:4, Inflammation Score:-9, Nutrition Score:8.3356521252705%

Flavonoids

Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 0.85mg, Hesperetin: 0.85mg, Hesperetin: 0.85mg, Hesperetin: 0.85mg Naringenin: 55.52mg, Naringenin: 55.52mg, Naringenin: 55.52mg, Naringenin: 55.52mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 1.34mg, Luteolin: 1.34mg, Luteolin: 1.34mg, Luteolin: 1.34mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 81.58kcal (4.08%), Fat: 0.28g (0.43%), Saturated Fat: 0.05g (0.29%), Carbohydrates: 20.53g (6.84%), Net Carbohydrates: 16.52g (6.01%), Sugar: 12.11g (13.46%), Cholesterol: 0mg (0%), Sodium: 1.65mg (0.07%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.56g (3.12%), Vitamin C: 58.24mg (70.6%), Vitamin A: 2067.05IU (41.34%), Fiber: 4.02g (16.07%), Potassium: 276.63mg (7.9%), Folate: 27.57µg (6.89%), Vitamin B1: 0.08mg (5.3%), Vitamin B6: 0.1mg (5.13%), Magnesium: 19.95mg (4.99%), Vitamin B5: 0.48mg (4.84%), Calcium: 46.72mg (4.67%), Manganese: 0.09mg (4.54%), Vitamin B2: 0.07mg (3.86%), Copper: 0.07mg (3.66%), Phosphorus: 36.38mg (3.64%), Iron: 0.4mg (2.21%), Vitamin B3: 0.43mg (2.17%), Vitamin E: 0.32mg (2.15%), Zinc: 0.18mg (1.22%)