



Clementine Jicama Salad



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



8

CALORIES



208 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.8 cup cilantro leaves packed
- ☐ 1.8 pounds 3 large clementines peeled
- ☐ 0.5 cup queso fresco crumbled
- ☐ 0.5 teaspoon garlic chopped
- ☐ 1 pound jicama peeled cut into 1/4-inch-thick matchsticks (3 cups)
- ☐ 0.3 cup juice of lime fresh
- ☐ 6 tablespoons olive oil
- ☐ 0.3 cup pumpkin seeds raw green hulled toasted () (pepitas)

- ☐ 1 small onion red thinly sliced
- ☐ 0.5 teaspoon sugar

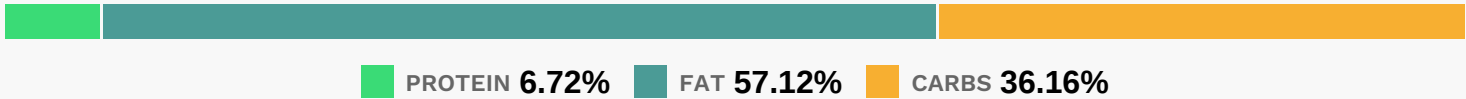
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Mince and mash garlic to a paste with 1/2 teaspoon salt, then whisk together with lime juice, oil, sugar, and 1/2 teaspoon pepper in a large bowl.
- ☐ Just before serving, add clementines, jicama, onion, and cilantro and gently toss. Season with salt.
- ☐ Sprinkle with cheese and pumpkin seeds.
- ☐ •Vinaigrette can be made 4 hours ahead and kept at room temperature. •Clementines, jicama, and onion can be cut 4 hours ahead and chilled.

Nutrition Facts



Properties

Glycemic Index:31.76, Glycemic Load:7.99, Inflammation Score:-5, Nutrition Score:10.008260887602%

Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.63mg, Quercetin: 3.63mg, Quercetin: 3.63mg

Nutrients (% of daily need)

Calories: 207.68kcal (10.38%), Fat: 13.85g (21.31%), Saturated Fat: 2.68g (16.76%), Carbohydrates: 19.73g (6.58%), Net Carbohydrates: 14.79g (5.38%), Sugar: 11.32g (12.58%), Cholesterol: 5.26mg (1.75%), Sodium: 62.35mg (2.71%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.66g (7.33%), Vitamin C: 63.67mg (77.18%), Fiber: 4.93g (19.74%), Vitamin E: 2.11mg (14.1%), Vitamin K: 11.52µg (10.97%), Manganese: 0.21mg (10.38%), Phosphorus: 99.33mg (9.93%), Potassium: 329.68mg (9.42%), Folate: 37µg (9.25%), Magnesium: 36.76mg (9.19%), Calcium: 86.63mg (8.66%), Vitamin B1: 0.12mg (7.78%), Vitamin B6: 0.13mg (6.59%), Copper: 0.12mg (5.98%), Iron: 0.85mg (4.74%), Vitamin B3: 0.92mg (4.62%), Vitamin B2: 0.07mg (4.18%), Zinc: 0.59mg (3.96%), Vitamin A: 179.08IU (3.58%), Selenium: 2.34µg (3.34%), Vitamin B5: 0.31mg (3.1%), Vitamin B12: 0.13µg (2.13%), Vitamin D: 0.21µg (1.37%)