

Cone Of Paradise



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



86 kcal

SIDE DISH

Ingredients

- ☐ 1 small cucumber peeled
- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.5 medium jicama peeled
- ☐ 0.3 cup juice of lime fresh
- ☐ 5 lime wedges
- ☐ 1 mangos peeled
- ☐ 0.3 pineapple fresh cored peeled
- ☐ 0.5 teaspoon salt

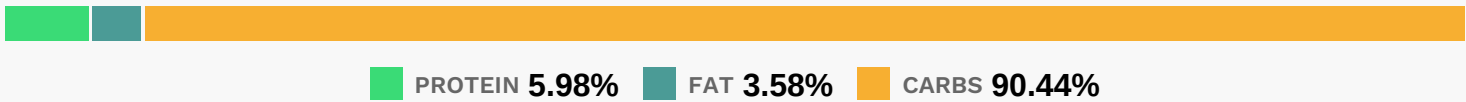
Equipment

☐ bowl

Directions

- ☐ Cut mango, cucumber, jcama, and pineapple into 4- x 1/2-inch strips; place in a large bowl.
- ☐ Combine lime juice, salt, and red pepper; stir well.
- ☐ Pour juice mixture over fruit mixture; toss.
- ☐ Serve immediately with lime wedges.

Nutrition Facts



Properties

Glycemic Index:40.88, Glycemic Load:6.89, Inflammation Score:-6, Nutrition Score:9.3286957170652%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg Hesperetin: 9.19mg, Hesperetin: 9.19mg, Hesperetin: 9.19mg, Hesperetin: 9.19mg Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 86.05kcal (4.3%), Fat: 0.39g (0.59%), Saturated Fat: 0.07g (0.43%), Carbohydrates: 21.94g (7.31%), Net Carbohydrates: 16.6g (6.03%), Sugar: 12.34g (13.71%), Cholesterol: 0mg (0%), Sodium: 237.4mg (10.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.45g (2.9%), Vitamin C: 61.18mg (74.15%), Manganese: 0.52mg (25.76%), Fiber: 5.34g (21.37%), Vitamin A: 569.46IU (11.39%), Folate: 41.44µg (10.36%), Potassium: 300mg (8.57%), Copper: 0.17mg (8.32%), Vitamin B6: 0.16mg (8%), Magnesium: 23.8mg (5.95%), Vitamin B1: 0.08mg (5.34%), Vitamin E: 0.8mg (5.33%), Vitamin K: 4.81µg (4.58%), Iron: 0.79mg (4.41%), Vitamin B5: 0.4mg (4.02%), Vitamin B2: 0.06mg (3.77%), Vitamin B3: 0.71mg (3.57%), Phosphorus: 33.71mg (3.37%), Calcium: 31.26mg (3.13%), Zinc: 0.29mg (1.91%), Selenium: 0.88µg (1.26%)