



Corn-and-Jicama Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



22 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 4 ounce chiles green drained chopped canned
- ☐ 1 tablespoon cilantro leaves fresh minced
- ☐ 2 cups corn kernels fresh (4 ears)
- ☐ 0.5 cup jicama peeled finely chopped
- ☐ 0.3 cup onion chopped
- ☐ 0.3 teaspoon paprika
- ☐ 0.3 teaspoon salt

1 cup tomatoes peeled finely chopped

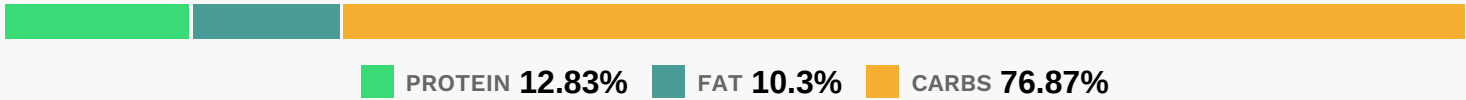
Equipment

bowl

Directions

Combine all ingredients in a large bowl.

Nutrition Facts



Properties

Glycemic Index:7.56, Glycemic Load:0.08, Inflammation Score:-2, Nutrition Score:1.8639130449813%

Flavonoids

Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 22.34kcal (1.12%), Fat: 0.29g (0.45%), Saturated Fat: 0.07g (0.42%), Carbohydrates: 4.95g (1.65%), Net Carbohydrates: 4.05g (1.47%), Sugar: 1.67g (1.86%), Cholesterol: 0mg (0%), Sodium: 88.94mg (3.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.83g (1.65%), Vitamin C: 6.06mg (7.35%), Fiber: 0.89g (3.58%), Folate: 13.64µg (3.41%), Potassium: 96.16mg (2.75%), Manganese: 0.05mg (2.57%), Vitamin B1: 0.04mg (2.51%), Vitamin B3: 0.49mg (2.43%), Vitamin B6: 0.05mg (2.38%), Magnesium: 9.49mg (2.37%), Phosphorus: 21.38mg (2.14%), Iron: 0.37mg (2.08%), Vitamin B5: 0.16mg (1.64%), Vitamin A: 78.53IU (1.57%), Vitamin B2: 0.02mg (1.33%), Copper: 0.02mg (1.19%)