



Crisp Jicama Guacamole



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



81 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 lb firm-ripe avocado
- ☐ 2 tablespoons cilantro leaves fresh minced
- ☐ 1 tablespoon jalapeño chili fresh minced
- ☐ 0.5 cup jicama peeled finely chopped
- ☐ 2 tablespoons juice of lime
- ☐ 2 teaspoons orange peel grated
- ☐ 5 servings salt

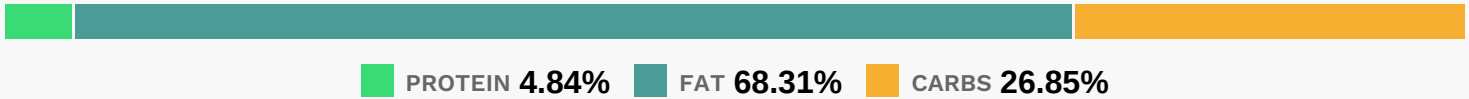
Equipment

bowl

Directions

- Peel and pit 1 firm-ripe avocado (1/2 lb.). In a bowl, mash avocado, then stir in 1/2 cup finely chopped peeled jicama, 2 tablespoons lime juice, 2 tablespoons minced fresh cilantro, 1 tablespoon minced fresh jalapeo chili, and 2 teaspoons grated orange peel.
- Add salt to taste. If making sauce up to 1 day ahead, cover and chill.

Nutrition Facts



Properties

Glycemic Index:23.8, Glycemic Load:0.44, Inflammation Score:-3, Nutrition Score:4.9869565004888%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 80.7kcal (4.03%), Fat: 6.7g (10.3%), Saturated Fat: 0.97g (6.08%), Carbohydrates: 5.92g (1.97%), Net Carbohydrates: 2.05g (0.74%), Sugar: 0.76g (0.84%), Cholesterol: 0mg (0%), Sodium: 197.79mg (8.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.07g (2.14%), Vitamin C: 13.65mg (16.55%), Fiber: 3.87g (15.49%), Vitamin K: 10.65µg (10.14%), Folate: 40.05µg (10.01%), Vitamin E: 1.13mg (7.5%), Potassium: 256.52mg (7.33%), Vitamin B6: 0.14mg (6.93%), Vitamin B5: 0.67mg (6.69%), Copper: 0.1mg (4.83%), Vitamin B3: 0.87mg (4.36%), Magnesium: 15.87mg (3.97%), Vitamin B2: 0.07mg (3.92%), Manganese: 0.08mg (3.87%), Phosphorus: 27.79mg (2.78%), Vitamin B1: 0.04mg (2.45%), Vitamin A: 118.45IU (2.37%), Zinc: 0.32mg (2.16%), Iron: 0.35mg (1.95%)