



Crunchy Jicama and Mango Salad with Chile and Lime

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



100 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 teaspoons powdered chile - any heat kind is dried fine
- 0.3 cup cilantro leaves roughly chopped for garnish
- 2 small cucumbers
- 1 pound jicama
- 2 juice of lime juiced
- 6 servings kosher salt
- 3 medium mangoes

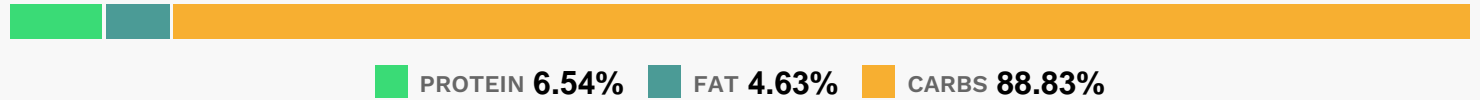
Equipment

- mixing bowl

Directions

- Peel and cut the jicama into long thin strips. Slice the cucumbers in half, scoop out the seeds and then cut into strips similar in size to the jicama strips. Peel the mangoes, cut the cheeks off, then slice into wedges.
- Combine all the ingredients in a large mixing bowl with the chopped cilantro, powdered chile and lime juice. When ready to serve, season with a little salt and garnish with fresh cilantro sprigs.

Nutrition Facts



Properties

Glycemic Index:26.46, Glycemic Load:7.79, Inflammation Score:-8, Nutrition Score:10.181739371756%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 100.47kcal (5.02%), Fat: 0.56g (0.87%), Saturated Fat: 0.12g (0.75%), Carbohydrates: 24.34g (8.11%), Net Carbohydrates: 18.53g (6.74%), Sugar: 16.53g (18.37%), Cholesterol: 0mg (0%), Sodium: 199.56mg (8.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.79g (3.58%), Vitamin C: 60.21mg (72.98%), Vitamin A: 1239.52IU (24.79%), Fiber: 5.81g (23.25%), Folate: 62.75µg (15.69%), Potassium: 379.48mg (10.84%), Vitamin K: 10.73µg (10.22%), Copper: 0.2mg (9.75%), Vitamin B6: 0.19mg (9.75%), Vitamin E: 1.35mg (8.97%), Manganese: 0.16mg (7.86%), Magnesium: 27.1mg (6.78%), Vitamin B2: 0.08mg (4.61%), Vitamin B3: 0.91mg (4.53%), Vitamin B5: 0.45mg (4.52%), Vitamin B1: 0.06mg (4.3%), Iron: 0.77mg (4.3%), Phosphorus: 41.59mg (4.16%), Calcium: 30.03mg (3%),

Zinc: 0.32mg (2.13%), Selenium: 1.23µg (1.75%)