



Crunchy Jicama Salsa With Blue Corn Chips

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



170 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 servings baked corn chips blue
- 2 tablespoons cilantro leaves fresh chopped
- 1 garlic clove minced
- 0.8 cup jicama diced peeled
- 2 tablespoons juice of lime fresh
- 0.5 cup bell pepper red chopped
- 2 tablespoons onion red chopped

Equipment

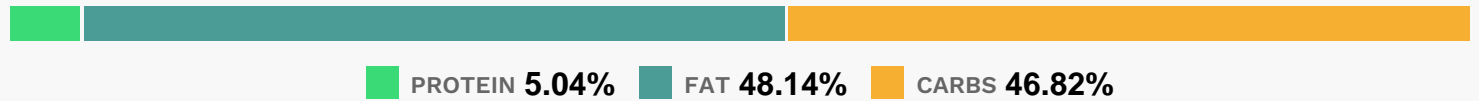
bowl

Directions

Combine 3/4 cup diced peeled jicama, 1/2 cup chopped red bell pepper, 2 tablespoons chopped red onion, 1 minced garlic clove, 2 tablespoons chopped fresh cilantro, and 2 tablespoons fresh lime juice in a medium bowl.

Serve with baked blue corn chips.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:0.55, Inflammation Score:-6, Nutrition Score:6.3234782322593%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg

Nutrients (% of daily need)

Calories: 170.06kcal (8.5%), Fat: 9.44g (14.53%), Saturated Fat: 1.23g (7.7%), Carbohydrates: 20.67g (6.89%), Net Carbohydrates: 17.83g (6.48%), Sugar: 1.64g (1.83%), Cholesterol: 0mg (0%), Sodium: 146.21mg (6.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.23g (4.45%), Vitamin C: 31.67mg (38.39%), Vitamin E: 2.45mg (16.36%), Vitamin A: 605.68IU (12.11%), Fiber: 2.84g (11.37%), Manganese: 0.18mg (8.91%), Phosphorus: 67.29mg (6.73%), Magnesium: 26.66mg (6.66%), Vitamin B6: 0.13mg (6.48%), Calcium: 46.56mg (4.66%), Folate: 15.58µg (3.89%), Potassium: 136.31mg (3.89%), Selenium: 2.46µg (3.51%), Iron: 0.6mg (3.31%), Vitamin K: 3.45µg (3.28%), Zinc: 0.47mg (3.14%), Vitamin B2: 0.05mg (2.84%), Vitamin B5: 0.27mg (2.71%), Copper: 0.05mg (2.49%), Vitamin B3: 0.49mg (2.45%), Vitamin B1: 0.03mg (2.26%)