



Crunchy Jicama Slaw



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



8

CALORIES



123 kcal

SIDE DISH

Ingredients

- ☐ 1.5 cups carrots shredded
- ☐ 2 teaspoons dijon mustard
- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 0.5 bell pepper green seeded very thin cut into strips
- ☐ 1.3 lb jicama peeled
- ☐ 2 tablespoons juice of lemon
- ☐ 0.3 cup olive oil
- ☐ 0.5 bell pepper red seeded very thin cut into strips

- ☐ 2 tablespoons red wine vinegar
- ☐ 8 servings salt and pepper
- ☐ 0.3 teaspoon sugar

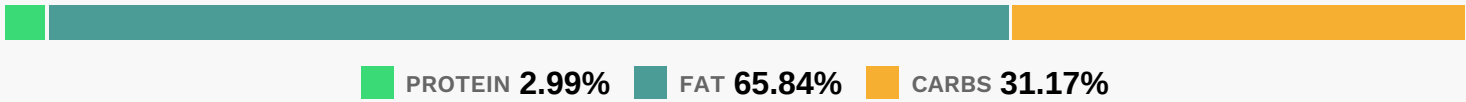
Equipment

- ☐ bowl
- ☐ whisk
- ☐ box grater

Directions

- ☐ Shred jicama on large holes of a box grater. Working with a handful at a time, squeeze out excess moisture.
- ☐ Transfer jicama to a large bowl (you should have about 3 cups) and toss with lemon juice.
- ☐ Add bell peppers, carrots and cabbage and toss again.
- ☐ In a small bowl, whisk together vinegar, mustard, sugar and oil until emulsified. Season with salt and pepper.
- ☐ Pour half of dressing over slaw, add cilantro and toss well.
- ☐ Add more dressing, if desired, and toss again.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:29.74, Glycemic Load:1.39, Inflammation Score:-10, Nutrition Score:9.3243476774382%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 122.57kcal (6.13%), Fat: 9.21g (14.17%), Saturated Fat: 1.28g (7.99%), Carbohydrates: 9.81g (3.27%), Net Carbohydrates: 5.31g (1.93%), Sugar: 3.14g (3.49%), Cholesterol: 0mg (0%), Sodium: 228.04mg (9.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.94g (1.88%), Vitamin A: 4295.94IU (85.92%), Vitamin C: 32.75mg (39.69%), Fiber: 4.5g (17.99%), Vitamin E: 1.94mg (12.93%), Vitamin K: 10.2µg (9.71%), Potassium: 219.93mg (6.28%), Vitamin B6: 0.1mg (5.2%), Manganese: 0.1mg (5.14%), Folate: 18.16µg (4.54%), Iron: 0.65mg (3.61%), Magnesium: 14.04mg (3.51%), Vitamin B1: 0.04mg (2.78%), Copper: 0.05mg (2.67%), Phosphorus: 26.6mg (2.66%), Vitamin B2: 0.04mg (2.62%), Vitamin B3: 0.5mg (2.49%), Vitamin B5: 0.2mg (2.02%), Calcium: 19.24mg (1.92%), Zinc: 0.21mg (1.41%), Selenium: 0.96µg (1.37%)