



Cucumber Jicama Gimlet Salsa

Vegetarian Vegan Gluten Free Dairy Free

READY IN

ready

75 min.

SERVINGS

servings

3

CALORIES

calories

385 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cucumber english cut into 1/4-inch dice (12 ounces)
- ☐ 1 fresno and jalapeno peppers diced finely
- ☐ 0.3 cup hendrick's gin
- ☐ 1 jicama peeled cut into 1-inch chunks (1 pound)
- ☐ 2 juice of lime
- ☐ 3 servings kosher salt and pepper black freshly ground
- ☐ 2 tablespoons olive oil
- ☐ 0.7 cup onion diced red finely

- ☐ 1 teaspoon sugar
- ☐ 3 servings tortilla chips for serving

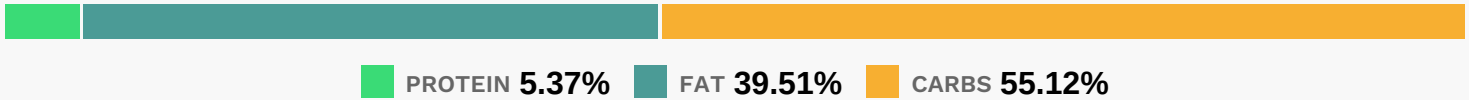
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Place the jicama in a food processor and pulse until finely chopped.
- ☐ Remove to a medium bowl. Stir in the cucumber, onion, pepper, gin, oil, sugar, lime juice and zest. Season with salt and pepper. Refrigerate until chilled, at least 1 hour or overnight.
- ☐ Serve with tortilla chips.
- ☐ From Food Network Kitchens

Nutrition Facts



Properties

Glycemic Index:63.7, Glycemic Load:3.02, Inflammation Score:-7, Nutrition Score:15.049565128658%

Flavonoids

Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.79mg, Hesperetin: 1.79mg, Hesperetin: 1.79mg, Hesperetin: 1.79mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.78mg, Isorhamnetin: 1.78mg, Isorhamnetin: 1.78mg, Isorhamnetin: 1.78mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.6mg, Quercetin: 7.6mg, Quercetin: 7.6mg, Quercetin: 7.6mg

Nutrients (% of daily need)

Calories: 385.3kcal (19.26%), Fat: 15.51g (23.86%), Saturated Fat: 2.18g (13.63%), Carbohydrates: 48.69g (16.23%), Net Carbohydrates: 35.07g (12.75%), Sugar: 9.21g (10.24%), Cholesterol: 0mg (0%), Sodium: 105.01mg (4.57%), Alcohol: 6.68g (100%), Alcohol %: 1.93% (100%), Protein: 4.75g (9.5%), Vitamin C: 61.34mg (74.35%), Fiber: 13.62g (54.46%), Vitamin K: 29.82µg (28.4%), Vitamin E: 3.59mg (23.95%), Potassium: 616.19mg (17.61%), Magnesium: 68.91mg (17.23%), Phosphorus: 141.82mg (14.18%), Manganese: 0.28mg (14.06%), Vitamin B6: 0.25mg (12.63%), Iron:

2.2mg (12.21%), Folate: 46.75µg (11.69%), Copper: 0.2mg (10.03%), Vitamin B5: 0.97mg (9.72%), Vitamin B1: 0.13mg (8.98%), Calcium: 84.13mg (8.41%), Vitamin B2: 0.13mg (7.85%), Zinc: 1.03mg (6.87%), Selenium: 3.3µg (4.71%), Vitamin B3: 0.91mg (4.53%), Vitamin A: 213.53IU (4.27%)