



Hearts of Palm-and-Jicama Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



80 min.

SERVINGS



8

CALORIES



173 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 avocado diced
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.5 teaspoon ground cumin
- ☐ 14.4 oz hearts of palm drained and rinsed canned
- ☐ 1 jalapeno minced seeded
- ☐ 1 jicama peeled cut into 1/8-inch strips
- ☐ 0.3 cup juice of lime fresh
- ☐ 2 tablespoons olive oil

- ☐ 0.3 cup orange juice fresh
- ☐ 0.3 onion red thinly sliced
- ☐ 1 teaspoon salt
- ☐ 1 bell pepper diced yellow

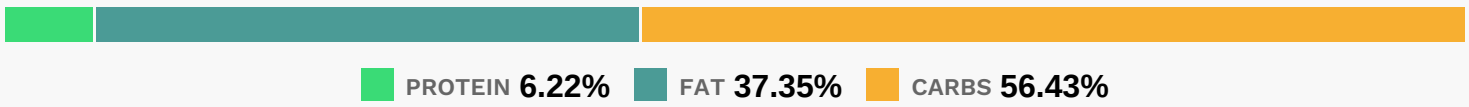
Equipment

- ☐ bowl

Directions

- ☐ Cut hearts of palm crosswise into 1/2-inch slices. Stir together hearts of palm and next 10 ingredients in a large bowl. Cover and chill 1 to 8 hours. Stir in avocado just before serving.

Nutrition Facts



Properties

Glycemic Index:25.38, Glycemic Load:1.17, Inflammation Score:-5, Nutrition Score:13.034347663755%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 1.6mg, Hesperetin: 1.6mg, Hesperetin: 1.6mg, Hesperetin: 1.6mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

Nutrients (% of daily need)

Calories: 172.99kcal (8.65%), Fat: 7.46g (11.48%), Saturated Fat: 1.07g (6.69%), Carbohydrates: 25.37g (8.46%), Net Carbohydrates: 18.57g (6.75%), Sugar: 11.41g (12.68%), Cholesterol: 0mg (0%), Sodium: 304.11mg (13.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.79g (5.59%), Vitamin C: 59.15mg (71.7%), Potassium: 1237.18mg (35.35%), Vitamin B6: 0.56mg (27.81%), Fiber: 6.8g (27.2%), Copper: 0.44mg (22.09%), Zinc: 2.25mg (14.99%), Folate: 50.88µg (12.72%), Vitamin E: 1.76mg (11.72%), Phosphorus: 107.6mg (10.76%), Iron: 1.71mg (9.51%), Vitamin B2: 0.16mg (9.35%), Vitamin K: 9.58µg (9.12%), Magnesium: 26.72mg (6.68%), Vitamin B3: 1.27mg (6.36%), Manganese:

0.12mg (5.91%), Vitamin B5: 0.52mg (5.22%), Vitamin B1: 0.08mg (5.02%), Vitamin A: 191.97IU (3.84%), Calcium: 28.35mg (2.83%), Selenium: 1.13µg (1.61%)