



Heck of a Jicama Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



4

CALORIES



178 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 2 tablespoons cilantro leaves chopped finely
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 medium jicama root thick peeled sliced into matchsticks
- ☐ 2 juice of lime juiced
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 2 hearts romaine chopped
- ☐ 1 teaspoon salt

☐ 2 teaspoons sugar

Equipment

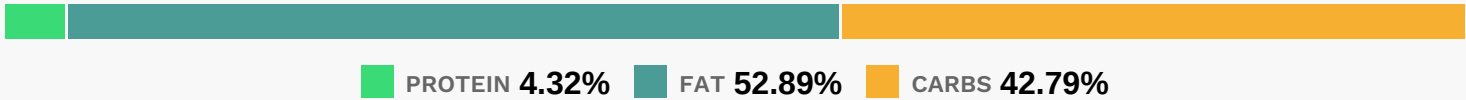
☐ bowl

☐ whisk

Directions

- ☐ Place jicama in a bowl, sprinkle with salt and sugar, and add the juice of 1 lime.
- ☐ Let jicama stand 15 minutes. While jicama softens, work on the rest of your meal.
- ☐ Arrange romaine on a serving plate. Top romaine with jicama. Juice 1 lime into a small bowl, add cilantro and cumin.
- ☐ Whisk in extra-virgin olive oil in a slow stream.
- ☐ Pour dressing over salad and season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:38.52, Glycemic Load:2.38, Inflammation Score:-10, Nutrition Score:16.131304315899%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 177.71kcal (8.89%), Fat: 10.89g (16.76%), Saturated Fat: 1.51g (9.45%), Carbohydrates: 19.83g (6.61%), Net Carbohydrates: 10.45g (3.8%), Sugar: 5.9g (6.55%), Cholesterol: 0mg (0%), Sodium: 593.54mg (25.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2g (4.01%), Vitamin A: 4980.47IU (99.61%), Vitamin K: 65.61µg (62.49%), Vitamin C: 40.11mg (48.62%), Fiber: 9.38g (37.51%), Folate: 98.28µg (24.57%), Vitamin E: 2.39mg (15.94%), Potassium: 411.34mg (11.75%), Manganese: 0.21mg (10.63%), Iron: 1.79mg (9.97%), Magnesium: 30.03mg (7.51%), Vitamin B6: 0.12mg (5.92%), Copper: 0.11mg (5.74%), Vitamin B1: 0.08mg (5.28%), Vitamin B2: 0.09mg (5.27%), Phosphorus: 50.21mg (5.02%), Calcium: 43.9mg (4.39%), Vitamin B5: 0.32mg (3.24%), Zinc: 0.42mg (2.81%),

Vitamin B3: 0.54mg (2.71%), Selenium: 1.43µg (2.04%)