



Jicama and Grilled Corn



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



180 kcal

SIDE DISH

Ingredients

- ☐ 3 large ears of corn
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 jalapeño chile minced seeded
- ☐ 1 cup jicama diced peeled finely
- ☐ 2 tablespoons juice of lime fresh
- ☐ 8 servings olive oil
- ☐ 0.3 cup onion diced red
- ☐ 0.3 teaspoon salt

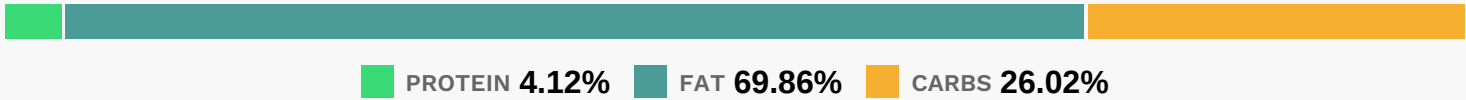
Equipment

☐ grill

Directions

- ☐ Combine jicama and next 5 ingredients.
- ☐ Remove husks from corn; brush with olive oil. Grill corn over medium-high heat (350 to 400 degrees F) for 15 to 20 minutes, turning frequently.
- ☐ Let cool.
- ☐ Cut corn from cob. Toss with jicama mixture.

Nutrition Facts



Properties

Glycemic Index:13.25, Glycemic Load:0.22, Inflammation Score:-3, Nutrition Score:4.5295652125193%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

Nutrients (% of daily need)

Calories: 179.52kcal (8.98%), Fat: 14.75g (22.7%), Saturated Fat: 2.11g (13.21%), Carbohydrates: 12.36g (4.12%), Net Carbohydrates: 10.34g (3.76%), Sugar: 4g (4.44%), Cholesterol: 0mg (0%), Sodium: 82.02mg (3.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.96g (3.92%), Vitamin E: 2.2mg (14.68%), Vitamin C: 10.53mg (12.76%), Vitamin K: 9.31µg (8.87%), Fiber: 2.02g (8.08%), Folate: 26.33µg (6.58%), Vitamin B1: 0.09mg (6.02%), Magnesium: 22.88mg (5.72%), Manganese: 0.11mg (5.33%), Phosphorus: 53.13mg (5.31%), Potassium: 185.87mg (5.31%), Vitamin B3: 1.02mg (5.08%), Vitamin B5: 0.42mg (4.23%), Vitamin B6: 0.07mg (3.58%), Iron: 0.48mg (2.64%), Vitamin A: 131.28IU (2.63%), Vitamin B2: 0.04mg (2.21%), Copper: 0.04mg (2.04%), Zinc: 0.29mg (1.92%)