



## Jicama and Melon Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



140 min.

SERVINGS



6

CALORIES



48 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 3 tablespoons mint leaves fresh chopped
- 2 teaspoons honey
- 2 cups wedges honeydew melon cubed
- 2 cups slivers jicama thin
- 3 tablespoons juice of lime fresh
- 1 teaspoon lime zest

### Equipment

- bowl

# Directions

Toss together the jicama, honeydew, lime juice, mint, lime zest, and honey in a bowl; cover. Refrigerate 2 hours.

# Nutrition Facts



**PROTEIN 5.78%**   **FAT 2.55%**   **CARBS 91.67%**

# Properties

Glycemic Index:16.55, Glycemic Load:1.27, Inflammation Score:-3, Nutrition Score:3.6626086442367%

# Flavonoids

Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg  
Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.94mg,  
Eriodictyol: 0.94mg, Eriodictyol: 0.94mg Hesperetin: 1.07mg, Hesperetin: 1.07mg, Hesperetin:  
1.07mg, Hesperetin: 1.07mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg  
Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.32mg, Luteolin: 0.32mg,  
Luteolin: 0.32mg, Luteolin: 0.32mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

# Nutrients (% of daily need)

Calories: 47.69kcal (2.38%), Fat: 0.15g (0.23%), Saturated Fat: 0.04g (0.23%), Carbohydrates: 11.93g (3.98%), Net Carbohydrates: 9.11g (3.31%), Sugar: 7.43g (8.25%), Cholesterol: 0mg (0%), Sodium: 12.96mg (0.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.75g (1.51%), Vitamin C: 22.11mg (26.8%), Fiber: 2.82g (11.28%), Potassium: 218.75mg (6.25%), Folate: 19.64µg (4.91%), Vitamin B6: 0.07mg (3.74%), Manganese: 0.07mg (3.7%), Magnesium: 13.53mg (3.38%), Vitamin A: 147.55IU (2.95%), Iron: 0.5mg (2.79%), Copper: 0.05mg (2.29%), Vitamin B1: 0.03mg (2.28%), Vitamin B3: 0.38mg (1.9%), Vitamin K: 1.82µg (1.73%), Phosphorus: 17.06mg (1.71%), Vitamin B5: 0.17mg (1.66%), Vitamin B2: 0.03mg (1.65%), Calcium: 15.98mg (1.6%), Vitamin E: 0.23mg (1.52%), Zinc: 0.16mg (1.06%), Selenium: 0.73µg (1.04%)