



 **74%**
HEALTH SCORE

Jicama-and-Orange Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



10 min.

SERVINGS



4

CALORIES



68 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

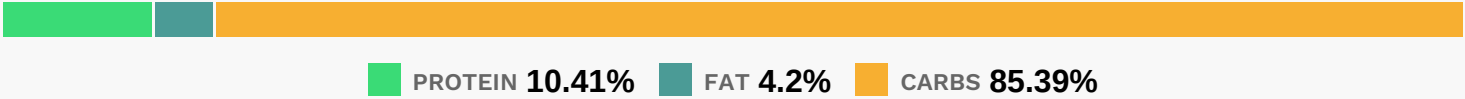
- ☐ 4 servings cilantro leaves fresh chopped
- ☐ 1 cup julienne-cut jicama peeled
- ☐ 2 cups orange sections
- ☐ 4 servings bottled raspberry vinaigrette low-fat
- ☐ 10 ounce romaine lettuce

Equipment

Directions

☐ Combine 1 (10-ounce) package romaine lettuce with 2 cups orange sections and 1 cup julienne-cut peeled jicama. Toss with bottled low-fat raspberry vinaigrette, and sprinkle with chopped fresh cilantro.

Nutrition Facts



Properties

Glycemic Index:22.38, Glycemic Load:3.79, Inflammation Score:-10, Nutrition Score:16.05913040949%

Flavonoids

Hesperetin: 24.52mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg Naringenin: 13.79mg, Naringenin: 13.79mg, Naringenin: 13.79mg, Naringenin: 13.79mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg

Nutrients (% of daily need)

Calories: 67.63kcal (3.38%), Fat: 0.35g (0.54%), Saturated Fat: 0.05g (0.3%), Carbohydrates: 16.03g (5.34%), Net Carbohydrates: 10.79g (3.92%), Sugar: 10.06g (11.17%), Cholesterol: 0mg (0%), Sodium: 15.81mg (0.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.95g (3.91%), Vitamin A: 6389.18IU (127.78%), Vitamin K: 73.05µg (69.57%), Vitamin C: 57.31mg (69.46%), Folate: 127.35µg (31.84%), Fiber: 5.24g (20.97%), Potassium: 387.23mg (11.06%), Vitamin B1: 0.14mg (9.06%), Manganese: 0.15mg (7.61%), Calcium: 63.36mg (6.34%), Vitamin B6: 0.12mg (6.01%), Magnesium: 22.85mg (5.71%), Vitamin B2: 0.09mg (5.47%), Iron: 0.97mg (5.41%), Copper: 0.09mg (4.52%), Phosphorus: 39.76mg (3.98%), Vitamin B5: 0.37mg (3.7%), Vitamin E: 0.41mg (2.71%), Vitamin B3: 0.54mg (2.71%), Zinc: 0.28mg (1.86%), Selenium: 0.96µg (1.37%)