



Jicama and Watermelon Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



162 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 teaspoon ground pepper black
- 2 tablespoons honey
- 1 jicama cut into matchstick pieces
- 4 servings kosher salt
- 0.3 cup lime zest fresh
- 0.3 cup roughly torn mint leaves fresh
- 0.5 cup orange zest fresh
- 4 cups watermelon in 2-inch chunks

Equipment

- bowl
- whisk

Directions

- Watch how to make this recipe.
- Whisk together juices, honey, pepper and salt in a large bowl.
- Add the jicama, watermelon and mint and toss to coat.

Nutrition Facts



PROTEIN 5.98% **FAT 2.57%** **CARBS 91.45%**

Properties

Glycemic Index:56.48, Glycemic Load:15.3, Inflammation Score:-8, Nutrition Score:11.594782570134%

Flavonoids

Eriodictyol: 1.54mg, Eriodictyol: 1.54mg, Eriodictyol: 1.54mg, Eriodictyol: 1.54mg Hesperetin: 5.44mg, Hesperetin: 5.44mg, Hesperetin: 5.44mg, Hesperetin: 5.44mg Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 1.17mg, Luteolin: 1.17mg, Luteolin: 1.17mg, Luteolin: 1.17mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 161.74kcal (8.09%), Fat: 0.5g (0.77%), Saturated Fat: 0.08g (0.52%), Carbohydrates: 40.03g (13.34%), Net Carbohydrates: 30.78g (11.19%), Sugar: 23.87g (26.53%), Cholesterol: 0mg (0%), Sodium: 204.2mg (8.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.62g (5.24%), Vitamin C: 66.87mg (81.06%), Fiber: 9.25g (37%), Vitamin A: 1131.07IU (22.62%), Potassium: 530.54mg (15.16%), Manganese: 0.28mg (14.02%), Magnesium: 43.66mg (10.91%), Folate: 39.71µg (9.93%), Iron: 1.71mg (9.52%), Copper: 0.18mg (9.18%), Vitamin B6: 0.16mg (8.23%), Vitamin B1: 0.12mg (7.89%), Vitamin B5: 0.66mg (6.63%), Vitamin B2: 0.11mg (6.24%), Vitamin E: 0.88mg (5.9%), Phosphorus: 57.71mg (5.77%), Calcium: 48.01mg (4.8%), Vitamin B3: 0.83mg (4.14%), Zinc: 0.51mg (3.43%), Selenium: 1.92µg (2.74%), Vitamin K: 1.59µg (1.51%)