



Jicama-Apple Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



105 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons candied ginger minced
- ☐ 0.3 cup cranberries dried
- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 2 tablespoons green onion chopped
- ☐ 1 tablespoon honey
- ☐ 1 pound jicama rinsed peeled
- ☐ 1 tablespoon juice of lime
- ☐ 2 tart apples green cored rinsed quartered (such as Granny Smith; 1 lb. total)

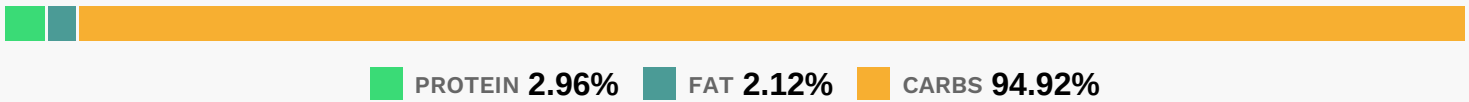
Equipment

- ☐ bowl
- ☐ knife
- ☐ mandoline

Directions

- ☐ With a mandoline or a knife, cut apples and jicama into matchstick-size 2-inch-long strips.
- ☐ In a large bowl, mix all ingredients to coat.
- ☐ Serve immediately or chill up to 3 hours.

Nutrition Facts



Properties

Glycemic Index:21.88, Glycemic Load:4.19, Inflammation Score:-3, Nutrition Score:4.4643477875253%

Flavonoids

Cyanidin: 0.99mg, Cyanidin: 0.99mg, Cyanidin: 0.99mg, Cyanidin: 0.99mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.57mg, Eriodictyol: 0.57mg, Eriodictyol: 0.57mg, Eriodictyol: 0.57mg Hesperetin: 0.39mg, Hesperetin: 0.39mg, Hesperetin: 0.39mg, Hesperetin: 0.39mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 2.96mg, Quercetin: 2.96mg, Quercetin: 2.96mg, Quercetin: 2.96mg

Nutrients (% of daily need)

Calories: 104.79kcal (5.24%), Fat: 0.27g (0.41%), Saturated Fat: 0.04g (0.27%), Carbohydrates: 26.73g (8.91%), Net Carbohydrates: 21.01g (7.64%), Sugar: 18.05g (20.05%), Cholesterol: 0mg (0%), Sodium: 5.5mg (0.24%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 0.83g (1.67%), Vitamin C: 19.75mg (23.94%), Fiber: 5.72g (22.88%), Vitamin K: 6.23µg (5.93%), Potassium: 201.36mg (5.75%), Manganese: 0.11mg (5.52%), Vitamin E: 0.61mg (4.1%), Iron: 0.68mg (3.8%), Folate: 14.39µg (3.6%), Magnesium: 14.38mg (3.59%), Copper: 0.07mg (3.3%), Vitamin B6: 0.06mg (3.22%), Vitamin A: 140.63IU (2.81%), Vitamin B2: 0.05mg (2.78%), Phosphorus: 23.27mg (2.33%), Vitamin B1: 0.03mg (1.96%), Calcium: 19.37mg (1.94%), Vitamin B5: 0.17mg (1.66%), Vitamin B3: 0.29mg (1.45%), Zinc: 0.19mg (1.25%)