



## Jicama Chili Sticks

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



12

CALORIES



43 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 teaspoon chili powder hot (more if you like it )
- 1.5 lbs jicama
- 1 jicama

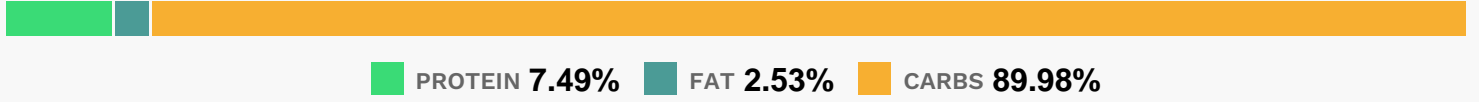
### Equipment

- paper towels

### Directions

- Peel the jicama, cut into manageable size pieces and cut into pieces about 3"x1/2"x1/2"Arrange on a paper towel,
- Sprinkle with lime juice,
- Sprinkle with chili powder Arrange on a platter and serve ice cold.

## Nutrition Facts



### Properties

Glycemic Index:2.5, Glycemic Load:0.66, Inflammation Score:-2, Nutrition Score:3.9843478513801%

### Nutrients (% of daily need)

Calories: 42.88kcal (2.14%), Fat: 0.12g (0.19%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 9.93g (3.31%), Net Carbohydrates: 4.4g (1.6%), Sugar: 2.02g (2.25%), Cholesterol: 0mg (0%), Sodium: 7.2mg (0.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.83g (1.65%), Vitamin C: 22.55mg (27.33%), Fiber: 5.53g (22.11%), Potassium: 170.67mg (4.88%), Iron: 0.7mg (3.88%), Vitamin E: 0.58mg (3.85%), Manganese: 0.07mg (3.49%), Magnesium: 13.64mg (3.41%), Folate: 13.44µg (3.36%), Copper: 0.06mg (2.76%), Vitamin B6: 0.05mg (2.52%), Phosphorus: 20.59mg (2.06%), Vitamin B2: 0.03mg (2%), Vitamin B5: 0.15mg (1.52%), Vitamin B1: 0.02mg (1.52%), Vitamin A: 72.86IU (1.46%), Calcium: 13.94mg (1.39%), Zinc: 0.19mg (1.24%), Vitamin B3: 0.24mg (1.21%), Selenium: 0.82µg (1.16%)