



Jicama-Cilantro Coleslaw



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



12 min.

SERVINGS



12

CALORIES



191 kcal

SIDE DISH

Ingredients

- ☐ 1 cup cilantro leaves fresh coarsely chopped
- ☐ 1 head cabbage shredded green cored finely
- ☐ 0.5 teaspoon ground pepper
- ☐ 1 tablespoon ground cumin
- ☐ 1 large jicama peeled cut into julienne strips
- ☐ 1 lime
- ☐ 1 cup mayonnaise
- ☐ 2 teaspoons salt

☐ 2 teaspoons sugar

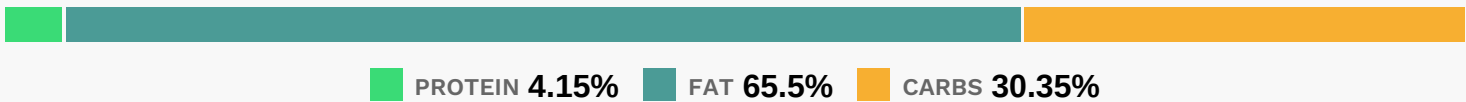
Equipment

☐ bowl

Directions

- ☐ Toss first 4 ingredients in a large bowl.
- ☐ Let stand, covered, 30 minutes.
- ☐ Grate rind from lime, and squeeze juice to measure 3 tablespoons. Stir together rind, juice, cumin, cayenne, and mayonnaise in a small bowl.
- ☐ Add to cabbage mixture, and toss well. Toss in cilantro.

Nutrition Facts



Properties

Glycemic Index:23.34, Glycemic Load:2.36, Inflammation Score:-5, Nutrition Score:11.974347741708%

Flavonoids

Hesperetin: 2.4mg, Hesperetin: 2.4mg, Hesperetin: 2.4mg, Hesperetin: 2.4mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 190.54kcal (9.53%), Fat: 14.27g (21.96%), Saturated Fat: 2.24g (14.02%), Carbohydrates: 14.88g (4.96%), Net Carbohydrates: 7.82g (2.84%), Sugar: 5.12g (5.69%), Cholesterol: 7.84mg (2.61%), Sodium: 525.33mg (22.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.03g (4.07%), Vitamin K: 92.49µg (88.09%), Vitamin C: 49.98mg (60.58%), Fiber: 7.06g (28.24%), Folate: 46.88µg (11.72%), Manganese: 0.21mg (10.39%), Potassium: 305.72mg (8.73%), Vitamin E: 1.27mg (8.49%), Iron: 1.39mg (7.74%), Vitamin B6: 0.15mg (7.3%), Magnesium: 23.92mg (5.98%), Calcium: 51.52mg (5.15%), Vitamin B1: 0.07mg (4.93%), Vitamin A: 241.08IU (4.82%), Phosphorus: 45.98mg (4.6%), Vitamin B2: 0.07mg (4.04%), Copper: 0.08mg (3.88%), Vitamin B5: 0.35mg (3.47%), Zinc: 0.36mg (2.43%), Vitamin B3: 0.43mg (2.17%), Selenium: 1.43µg (2.04%)