



Jicama-Citrus Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



174 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup vegetable oil
- ☐ 0.3 cup wine dry red
- ☐ 2 tablespoons honey
- ☐ 2 tablespoons orange juice
- ☐ 3 large cranberry-orange relish peeled
- ☐ 2 ruby grapefruit red peeled
- ☐ 1 medium jicama peeled cut into 1/2-inch cubes (1 1/2 lb)

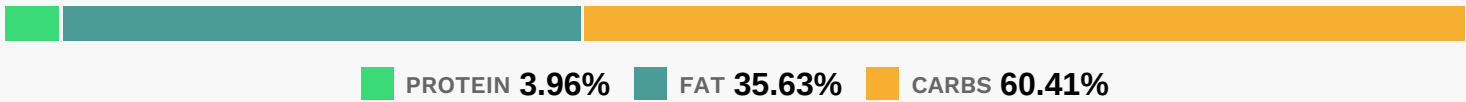
Equipment

☐ bowl

Directions

- ☐ In tightly covered container, shake oil, wine, honey and orange juice until well blended.
- ☐ On individual salad plates, arrange oranges, grapefruit and jicama (or mix in large bowl).
- ☐ Serve with dressing.

Nutrition Facts



Properties

Glycemic Index:23.35, Glycemic Load:7.12, Inflammation Score:-8, Nutrition Score:9.9526086631029%

Flavonoids

Petunidin: 0.25mg, Petunidin: 0.25mg, Petunidin: 0.25mg, Petunidin: 0.25mg Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg Malvidin: 1.97mg, Malvidin: 1.97mg, Malvidin: 1.97mg, Malvidin: 1.97mg Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg Epicatechin: 0.8mg, Epicatechin: 0.8mg, Epicatechin: 0.8mg, Epicatechin: 0.8mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 19.53mg, Hesperetin: 19.53mg, Hesperetin: 19.53mg, Hesperetin: 19.53mg Naringenin: 30.74mg, Naringenin: 30.74mg, Naringenin: 30.74mg, Naringenin: 30.74mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 173.88kcal (8.69%), Fat: 7.06g (10.87%), Saturated Fat: 1.08g (6.75%), Carbohydrates: 26.95g (8.98%), Net Carbohydrates: 20.26g (7.37%), Sugar: 16.84g (18.71%), Cholesterol: 0mg (0%), Sodium: 3.55mg (0.15%), Alcohol: 0.79g (100%), Alcohol %: 0.42% (100%), Protein: 1.77g (3.53%), Vitamin C: 74.69mg (90.53%), Fiber: 6.7g (26.78%), Vitamin A: 888.3IU (17.77%), Vitamin K: 12.78µg (12.17%), Folate: 39.96µg (9.99%), Potassium: 342.71mg (9.79%), Vitamin E: 1.14mg (7.61%), Vitamin B1: 0.11mg (7.12%), Magnesium: 22.89mg (5.72%), Vitamin B6: 0.11mg (5.58%), Calcium: 51.8mg (5.18%), Copper: 0.09mg (4.7%), Vitamin B5: 0.46mg (4.56%), Vitamin B2: 0.07mg (4.34%), Manganese: 0.09mg (4.25%), Phosphorus: 36.49mg (3.65%), Iron: 0.64mg (3.58%), Vitamin B3: 0.51mg (2.54%), Zinc: 0.24mg (1.58%), Selenium: 1.03µg (1.47%)