



Jicama-Date Canapes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



45

CALORIES



20 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 pound dates dried packed pitted
- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 1.3 pounds jicama
- ☐ 3 tablespoons juice of lime fresh
- ☐ 45 servings mint leaves fresh
- ☐ 2 tablespoons spring onion minced

Equipment

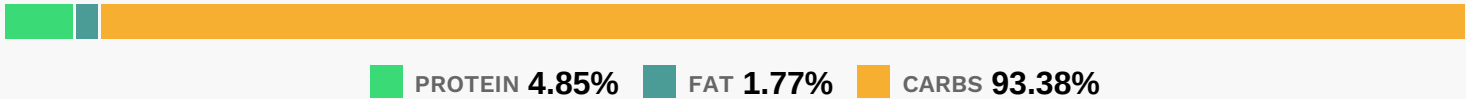
- ☐ food processor

- ☐ bowl
- ☐ paper towels
- ☐ ziploc bags

Directions

- ☐ Peel jícama and cut enough into 1/4-inch dice to measure 1/2 cup. In a food processor pulse dates to a paste and transfer to a bowl. Stir diced jícama, lime juice, scallion, and mint into dates and season with salt. Date mixture may be made 1 day ahead and chilled, covered.
- ☐ Cut remaining jícama into 1/4-inch-thick slices and cut each slice into as many 1 1/2-inch triangles as possible. Jícama triangles may be made 1 day ahead, wrapped in damp paper towels, and chilled in a sealable plastic bag.
- ☐ Top jícama triangles with some date mixture and garnish with small mint leaves.

Nutrition Facts



Properties

Glycemic Index:2.2, Glycemic Load:1.83, Inflammation Score:-1, Nutrition Score:1.0278260837431%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg Hesperetin: 0.21mg, Hesperetin: 0.21mg, Hesperetin: 0.21mg, Hesperetin: 0.21mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 20.19kcal (1.01%), Fat: 0.04g (0.07%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 5.18g (1.73%), Net Carbohydrates: 4.05g (1.47%), Sugar: 3.45g (3.83%), Cholesterol: 0mg (0%), Sodium: 1.05mg (0.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.27g (0.54%), Fiber: 1.13g (4.52%), Vitamin C: 3.3mg (4%), Manganese: 0.04mg (1.79%), Potassium: 60.82mg (1.74%), Magnesium: 4.79mg (1.2%), Vitamin A: 58.23IU (1.16%), Iron: 0.19mg (1.08%), Copper: 0.02mg (1.05%), Folate: 4.13µg (1.03%)