



 **77%**  
HEALTH SCORE

## Jicama Grapefruit Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



132 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.5 lb firm-ripe avocado
- 2 tablespoons basil leaves dried fresh chopped
- 1 clove garlic minced pressed
- 2 pink grapefruit red ()
- 1 jicama
- 8 servings bell pepper
- 0.5 cup radishes red sliced
- 0.5 cup onion red thinly sliced

0.3 cup red wine vinegar

0.3 teaspoon salt

## Equipment

bowl

knife

## Directions

Rinse jicama.

Cut off and discard skin and any tough fibers.

Cut jicama into matchstick-size sticks 2 to 3 inches long.

Rinse onion slices with cool water and drain.

With a knife, cut off and discard grapefruit peel and membrane. Over a wide serving bowl, cut between inner grapefruit membranes and lift out fruit segments. Put fruit in bowl. Squeeze remaining membrane over bowl to collect juice.

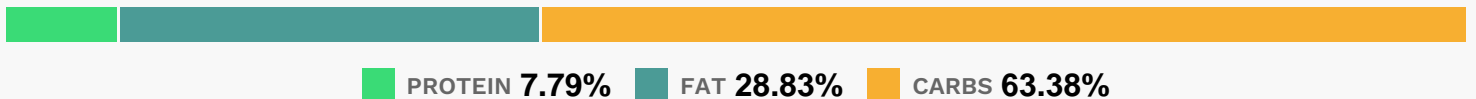
Drain grapefruit segments; save 1/2 cup juice and keep the rest to drink.

Combine the 1/2 cup juice with vinegar, basil, garlic, and 1/4 teaspoon salt; return to grapefruit.

Add jicama, radishes, and onion and mix.

Peel, pit, and thinly slice avocado onto jicama salad. Gently mix and add salt and pepper to taste.

## Nutrition Facts



## Properties

Glycemic Index:25.13, Glycemic Load:3.37, Inflammation Score:-10, Nutrition Score:17.197391240493%

## Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Pelargonidin: 4.58mg, Pelargonidin: 4.58mg, Pelargonidin: 4.58mg, Pelargonidin: 4.58mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg

Hesperetin: 0.22mg Naringenin: 20.89mg, Naringenin: 20.89mg, Naringenin: 20.89mg, Naringenin: 20.89mg  
Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg,  
Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg,  
Kaempferol: 0.15mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin:  
2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg

## **Nutrients (% of daily need)**

Calories: 132.38kcal (6.62%), Fat: 4.61g (7.1%), Saturated Fat: 0.71g (4.42%), Carbohydrates: 22.83g (7.61%), Net  
Carbohydrates: 13.63g (4.96%), Sugar: 9.79g (10.88%), Cholesterol: 0mg (0%), Sodium: 85.58mg (3.72%), Alcohol:  
0g (100%), Alcohol %: 0% (100%), Protein: 2.81g (5.61%), Vitamin C: 136.78mg (165.79%), Vitamin A: 3135.47IU  
(62.71%), Fiber: 9.2g (36.78%), Vitamin K: 27.14µg (25.84%), Folate: 82.26µg (20.57%), Vitamin B6: 0.39mg (19.67%),  
Potassium: 566.88mg (16.2%), Manganese: 0.31mg (15.65%), Vitamin E: 2.34mg (15.57%), Iron: 2.01mg (11.14%),  
Magnesium: 42.04mg (10.51%), Vitamin B2: 0.16mg (9.52%), Vitamin B5: 0.94mg (9.44%), Vitamin B3: 1.6mg (8%),  
Copper: 0.16mg (7.85%), Vitamin B1: 0.11mg (7.35%), Phosphorus: 68.72mg (6.87%), Calcium: 60.27mg (6.03%),  
Zinc: 0.66mg (4.4%), Selenium: 1.01µg (1.44%)