



Jícama-Lime Slaw

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



100 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 cup preshredded cabbage green
- 1 medium jicama peeled cut into 1/4-inch cubes
- 0.3 cup juice of lime fresh (2 large limes)
- 2 teaspoons olive oil
- 0.3 cup onion red finely chopped
- 0.3 teaspoon salt
- 1.5 teaspoons sugar

Equipment

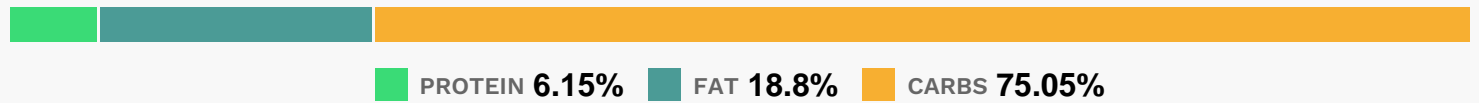
bowl

Directions

Combine all ingredients in a medium bowl, tossing well to coat.

Serve at room temperature or chilled.

Nutrition Facts



Properties

Glycemic Index:47.02, Glycemic Load:2.49, Inflammation Score:-4, Nutrition Score:8.0834782486377%

Flavonoids

Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg

Nutrients (% of daily need)

Calories: 99.79kcal (4.99%), Fat: 2.2g (3.38%), Saturated Fat: 0.32g (2.03%), Carbohydrates: 19.75g (6.58%), Net Carbohydrates: 10.96g (3.99%), Sugar: 5.79g (6.43%), Cholesterol: 0mg (0%), Sodium: 155.97mg (6.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.62g (3.24%), Vitamin C: 46.47mg (56.33%), Fiber: 8.79g (35.17%), Vitamin K: 15.36µg (14.63%), Potassium: 316.81mg (9.05%), Manganese: 0.16mg (7.99%), Folate: 31.23µg (7.81%), Vitamin E: 1.12mg (7.47%), Iron: 1.14mg (6.31%), Magnesium: 24.7mg (6.18%), Vitamin B6: 0.11mg (5.55%), Copper: 0.09mg (4.68%), Phosphorus: 40.13mg (4.01%), Vitamin B2: 0.06mg (3.59%), Vitamin B1: 0.05mg (3.56%), Calcium: 32.57mg (3.26%), Vitamin B5: 0.3mg (2.98%), Zinc: 0.33mg (2.2%), Vitamin B3: 0.41mg (2.06%), Selenium: 1.29µg (1.84%), Vitamin A: 62.71IU (1.25%)