



Jicama Lime Tropical Fruit Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



136 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 juice of lime
- ☐ 3 tablespoons honey
- ☐ 1 teaspoon cilantro leaves finely chopped
- ☐ 1 cup jicama cubed
- ☐ 2 star fruit sliced
- ☐ 2 kiwi fruit sliced
- ☐ 1 mangos cubed

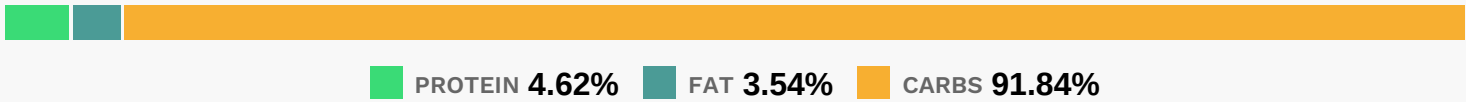
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In a small bowl, whisk together lime juice, honey, and cilantro.
- ☐ In a medium bowl stir together the jicama, star fruit, kiwi, and mango.
- ☐ Drizzle with honey–lime dressing.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:59.92, Glycemic Load:13.83, Inflammation Score:-7, Nutrition Score:10.188695606978%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 135.53kcal (6.78%), Fat: 0.59g (0.9%), Saturated Fat: 0.08g (0.48%), Carbohydrates: 34.3g (11.43%), Net Carbohydrates: 29.15g (10.6%), Sugar: 26.76g (29.73%), Cholesterol: 0mg (0%), Sodium: 5.94mg (0.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.72g (3.45%), Vitamin C: 79.63mg (96.52%), Fiber: 5.15g (20.61%), Vitamin K: 20.77µg (19.79%), Vitamin A: 643.29IU (12.87%), Folate: 45.27µg (11.32%), Copper: 0.21mg (10.31%), Potassium: 312.17mg (8.92%), Vitamin E: 1.31mg (8.72%), Manganese: 0.13mg (6.45%), Vitamin B6: 0.12mg (6.01%), Magnesium: 22.43mg (5.61%), Vitamin B5: 0.44mg (4.36%), Vitamin B3: 0.79mg (3.94%), Phosphorus: 36.77mg (3.68%), Vitamin B2: 0.06mg (3.3%), Calcium: 29.94mg (2.99%), Vitamin B1: 0.04mg (2.89%), Iron: 0.5mg (2.8%),

Zinc: 0.26mg (1.76%), Selenium: 1.04µg (1.49%)