



## Jicama Mango Salad with Cilantro and Lime

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



112 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.1 teaspoon cayenne pepper to taste
- 0.5 cup cilantro leaves chopped
- 0.3 cup honey
- 1 large jicama peeled cut into matchsticks
- 2 juice of lime juiced
- 1 large mangos firm peeled cut into matchsticks
- 1 small bell pepper red cut into matchsticks
- 0.5 onion red cut into matchsticks

1 teaspoon salt

## Equipment

bowl

plastic wrap

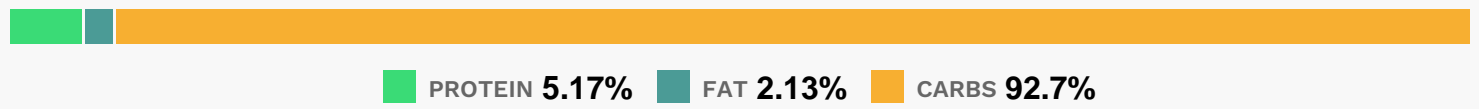
## Directions

Toss jicama, red pepper, mango, and red onion together in a large bowl. Set aside.

Stir cilantro, lime juice, honey, salt, and cayenne pepper together in a bowl.

Pour the cilantro mixture over the jicama mixture and toss to coat. Cover the bowl with plastic wrap and refrigerate for at least 15 minutes.

## Nutrition Facts



## Properties

Glycemic Index:30.25, Glycemic Load:7.49, Inflammation Score:-7, Nutrition Score:8.6304349536481%

## Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg 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: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg

## Nutrients (% of daily need)

Calories: 112.09kcal (5.6%), Fat: 0.28g (0.44%), Saturated Fat: 0.07g (0.41%), Carbohydrates: 27.73g (9.24%), Net Carbohydrates: 19.56g (7.11%), Sugar: 15.76g (17.51%), Cholesterol: 0mg (0%), Sodium: 298.63mg (12.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.55g (3.1%), Vitamin C: 54.66mg (66.26%), Fiber: 8.16g (32.65%), Vitamin A: 685.46IU (13.71%), Potassium: 318.21mg (9.09%), Folate: 36.3µg (9.08%), Vitamin E: 1.12mg (7.47%), Manganese: 0.14mg (7.05%), Vitamin B6: 0.14mg (6.83%), Iron: 1.07mg (5.94%), Magnesium: 23.51mg (5.88%), Copper: 0.11mg (5.67%), Vitamin K: 5.19µg (4.94%), Vitamin B2: 0.07mg (4.12%), Phosphorus: 37.07mg (3.71%),

Vitamin B1: 0.05mg (3.2%), Vitamin B5: 0.31mg (3.13%), Vitamin B3: 0.61mg (3.04%), Calcium: 25.66mg (2.57%),  
Zinc: 0.33mg (2.23%), Selenium: 1.35µg (1.93%)