



Jicama-Mango Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



86 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 tablespoons cilantro leaves fresh finely chopped
- 2 cups jicama
- 4 servings kosher salt
- 3 tablespoons juice of lime freshly squeezed (from 2 medium limes)
- 2 cups mangos (from 2 medium mangoes)
- 2 serrano chiles stemmed finely chopped
- 0.5 cup onion white finely chopped (from)

Equipment

bowl

Directions

Place all of the measured ingredients in a medium bowl, season with salt, and stir to combine. Cover and refrigerate until ready to serve.

Nutrition Facts

 **PROTEIN 6.25%**  **FAT 3.96%**  **CARBS 89.79%**

Properties

Glycemic Index:31.44, Glycemic Load:6.52, Inflammation Score:-7, Nutrition Score:8.0086956957112%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.76mg, Quercetin: 4.76mg, Quercetin: 4.76mg, Quercetin: 4.76mg

Nutrients (% of daily need)

Calories: 86.04kcal (4.3%), Fat: 0.41g (0.64%), Saturated Fat: 0.1g (0.63%), Carbohydrates: 21.14g (7.05%), Net Carbohydrates: 16.13g (5.86%), Sugar: 13.63g (15.14%), Cholesterol: 0mg (0%), Sodium: 198.68mg (8.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.47g (2.94%), Vitamin C: 49.44mg (59.93%), Fiber: 5.01g (20.04%), Vitamin A: 960.68IU (19.21%), Folate: 49.08µg (12.27%), Vitamin B6: 0.17mg (8.47%), Potassium: 289.22mg (8.26%), Vitamin E: 1.1mg (7.32%), Copper: 0.14mg (6.92%), Manganese: 0.13mg (6.31%), Magnesium: 19.69mg (4.92%), Vitamin K: 5.09µg (4.85%), Vitamin B3: 0.77mg (3.85%), Vitamin B2: 0.06mg (3.54%), Iron: 0.61mg (3.37%), Vitamin B1: 0.05mg (3.33%), Phosphorus: 31.97mg (3.2%), Vitamin B5: 0.3mg (2.96%), Calcium: 23.7mg (2.37%), Selenium: 1.08µg (1.54%), Zinc: 0.23mg (1.54%)