



## Jicama-Mango Slaw

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



78 kcal

SIDE DISH

### Ingredients

- 0.5 cup cilantro leaves fresh chopped
- 1 small jicama peeled cut into thin strips ( 2 1/2 cups)
- 0.5 teaspoon kosher salt
- 0.3 cup juice of lime fresh
- 1 large mangos peeled cut into thin strips ( 1 1/2 cups)
- 0.5 cup onion red thinly sliced

### Equipment

- bowl

# Directions

Toss together all ingredients in a bowl.

# Nutrition Facts

 **PROTEIN 6.65%**  **FAT 3.4%**  **CARBS 89.95%**

## Properties

Glycemic Index:31.44, Glycemic Load:4.54, Inflammation Score:-7, Nutrition Score:7.4973911979924%

## 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 Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg 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: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.2mg, Quercetin: 5.2mg, Quercetin: 5.2mg, Quercetin: 5.2mg

## Nutrients (% of daily need)

Calories: 77.97kcal (3.9%), Fat: 0.32g (0.49%), Saturated Fat: 0.08g (0.48%), Carbohydrates: 19.03g (6.34%), Net Carbohydrates: 13.27g (4.83%), Sugar: 9.85g (10.95%), Cholesterol: 0mg (0%), Sodium: 296.88mg (12.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.41g (2.81%), Vitamin C: 43.83mg (53.12%), Fiber: 5.76g (23.02%), Vitamin A: 722.02IU (14.44%), Folate: 39.76µg (9.94%), Vitamin K: 8.82µg (8.4%), Potassium: 281.19mg (8.03%), Vitamin B6: 0.13mg (6.63%), Vitamin E: 0.97mg (6.49%), Manganese: 0.13mg (6.26%), Copper: 0.12mg (5.89%), Magnesium: 19.86mg (4.97%), Iron: 0.72mg (4.02%), Vitamin B2: 0.06mg (3.36%), Phosphorus: 32.55mg (3.25%), Vitamin B1: 0.05mg (3.14%), Vitamin B3: 0.6mg (2.98%), Vitamin B5: 0.28mg (2.8%), Calcium: 24.88mg (2.49%), Zinc: 0.25mg (1.66%), Selenium: 1.08µg (1.55%)