



Jicama & Mango Slaw with Pequin Peppers



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



60 min.

SERVINGS



6

CALORIES



42 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup cilantro leaves roughly chopped
- ☐ 1 pound jicama julienned peeled
- ☐ 0.5 cup juice of lime fresh
- ☐ 12 pequin pepper dried
- ☐ 0.3 teaspoon salt to taste
- ☐ 1 teaspoon sugar

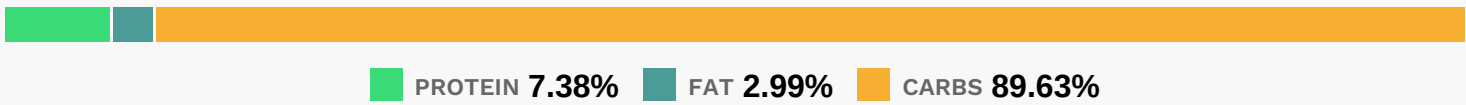
Equipment

- ☐ sauce pan

Directions

- ☐ In a small saucepan mix the lime juice and sugar.
- ☐ Add the dried pequin peppers, and bring to a simmer. Stir occasionally until the sugar is completely dissolved and the peppers begin to soften, about 8 minutes.
- ☐ Remove from heat and allow to come to room temperature.Once cool toss the lime juice and pequin peppers with the remaining ingredients until well incorporated.
- ☐ Serve cold or at room temperature.

Nutrition Facts



Properties

Glycemic Index:24.85, Glycemic Load:1.16, Inflammation Score:-2, Nutrition Score:4.4143477756044%

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 Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 41.51kcal (2.08%), Fat: 0.15g (0.24%), Saturated Fat: 0.05g (0.28%), Carbohydrates: 10.33g (3.44%), Net Carbohydrates: 6.02g (2.19%), Sugar: 2.39g (2.65%), Cholesterol: 0mg (0%), Sodium: 101.04mg (4.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.85g (1.7%), Vitamin C: 21.5mg (26.06%), Fiber: 4.31g (17.24%), Manganese: 0.31mg (15.36%), Vitamin K: 5.69µg (5.42%), Potassium: 167.08mg (4.77%), Iron: 0.68mg (3.77%), Magnesium: 14.28mg (3.57%), Copper: 0.07mg (3.5%), Folate: 11.84µg (2.96%), Vitamin E: 0.43mg (2.86%), Vitamin B6: 0.05mg (2.31%), Calcium: 21.27mg (2.13%), Phosphorus: 19.91mg (1.99%), Vitamin B2: 0.03mg (1.75%), Vitamin A: 81.89IU (1.64%), Vitamin B5: 0.16mg (1.59%), Vitamin B1: 0.02mg (1.52%), Zinc: 0.16mg (1.1%), Vitamin B3: 0.21mg (1.05%)