



WHATSheATE

Jícama-Melon Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



209 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon chili powder
- ☐ 2 sprigs cilantro leaves chopped
- ☐ 1 large wedges honeydew melon peeled seeded cut into bite-size chunks
- ☐ 1 large jicama peeled cut into 1/4-inch-wide strips
- ☐ 1 cup juice of lime fresh
- ☐ 3 navel oranges with pulp and membrane removed peeled
- ☐ 0.5 cup pomegranate seeds
- ☐ 1 teaspoon sea salt

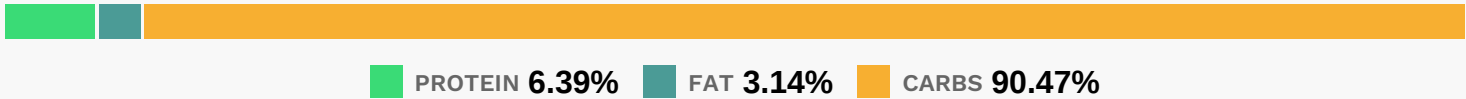
Equipment

☐ bowl

Directions

- ☐ In a nonreactive bowl, combine jícama and fruit. Toss with lime juice, cilantro, and salt. Refrigerate about 1 hour to allow flavors to meld. Toss with chili powder before serving.
- ☐ ·The ingredients can be prepared a day ahead and refrigerated, without the lime juice. Otherwise, the salad will become too acidic as it sits overnight. Simply toss the lime juice in just before serving.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:2.52, Inflammation Score:-8, Nutrition Score:15.833478367847%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg Hesperetin: 18.93mg, Hesperetin: 18.93mg, Hesperetin: 18.93mg, Hesperetin: 18.93mg Naringenin: 5.12mg, Naringenin: 5.12mg, Naringenin: 5.12mg, Naringenin: 5.12mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 209.17kcal (10.46%), Fat: 0.8g (1.23%), Saturated Fat: 0.16g (0.99%), Carbohydrates: 51.87g (17.29%), Net Carbohydrates: 38.04g (13.83%), Sugar: 29.45g (32.72%), Cholesterol: 0mg (0%), Sodium: 438.97mg (19.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.66g (7.33%), Vitamin C: 133.87mg (162.26%), Fiber: 13.83g (55.33%), Potassium: 989.23mg (28.26%), Folate: 98.07µg (24.52%), Vitamin B6: 0.36mg (17.86%), Magnesium: 58.35mg (14.59%), Vitamin B1: 0.19mg (12.59%), Manganese: 0.23mg (11.42%), Vitamin K: 11.74µg (11.18%), Copper: 0.21mg (10.53%), Iron: 1.78mg (9.87%), Vitamin B5: 0.89mg (8.9%), Vitamin A: 441.14IU (8.82%), Vitamin E: 1.32mg (8.8%), Phosphorus: 86.99mg (8.7%), Vitamin B3: 1.71mg (8.57%), Vitamin B2: 0.14mg (7.96%), Calcium: 75.2mg (7.52%), Zinc: 0.66mg (4.4%), Selenium: 3.04µg (4.35%)