



Jicama-Orange Salad

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



85 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup cilantro leaves fresh chopped
- 0.3 cup green onions sliced
- 2 cups julienne- jicama
- 1.5 tablespoons juice of lime fresh
- 3 tablespoons nonfat cream sour
- 5 oranges peeled
- 0.1 teaspoon salt
- 1.5 teaspoons vegetable oil

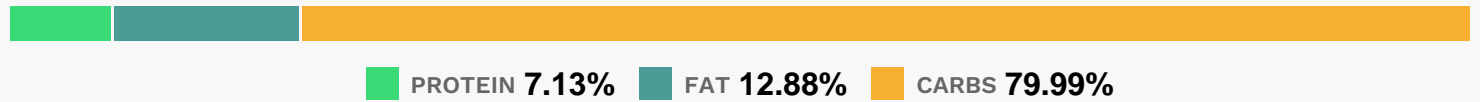
Equipment

- bowl
- whisk

Directions

- Combine first 4 ingredients in a medium bowl, and toss well. Cover and chill.
- Combine sour cream, lime juice, oil, and salt in a small bowl; stir with a wire whisk. Just before serving, drain jicama mixture.
- Pour dressing over jicama mixture; toss gently.

Nutrition Facts



Properties

Glycemic Index:20.25, Glycemic Load:4.68, Inflammation Score:-6, Nutrition Score:8.3895653201186%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 30.08mg, Hesperetin: 30.08mg, Hesperetin: 30.08mg, Hesperetin: 30.08mg Naringenin: 16.74mg, Naringenin: 16.74mg, Naringenin: 16.74mg, Naringenin: 16.74mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

Nutrients (% of daily need)

Calories: 84.58kcal (4.23%), Fat: 1.31g (2.01%), Saturated Fat: 0.2g (1.24%), Carbohydrates: 18.29g (6.1%), Net Carbohydrates: 13.4g (4.87%), Sugar: 11.18g (12.42%), Cholesterol: 0.54mg (0.18%), Sodium: 59.69mg (2.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.63g (3.26%), Vitamin C: 68.92mg (83.54%), Fiber: 4.89g (19.54%), Vitamin K: 12.91µg (12.3%), Folate: 42.06µg (10.52%), Potassium: 289.7mg (8.28%), Vitamin B1: 0.11mg (7.31%), Vitamin A: 358.43IU (7.17%), Calcium: 60.37mg (6.04%), Magnesium: 18.02mg (4.51%), Vitamin B6: 0.09mg (4.49%), Vitamin B2: 0.07mg (4.13%), Copper: 0.08mg (3.84%), Vitamin E: 0.54mg (3.57%), Vitamin B5: 0.34mg (3.43%), Manganese: 0.06mg (3.18%), Phosphorus: 31.17mg (3.12%), Iron: 0.45mg (2.48%), Vitamin B3: 0.43mg (2.17%), Selenium: 1.2µg (1.72%), Zinc: 0.2mg (1.32%)