



WHATSheATE



Jicama-Orange Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



222 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon ancho chili powder
- ☐ 2 tablespoons cilantro leaves fresh
- ☐ 1 medium jicama diced peeled
- ☐ 1 juice of lime
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 4 oranges
- ☐ 1 of seeds pomegranate

☐ 3 scallions chopped

Equipment

☐ bowl

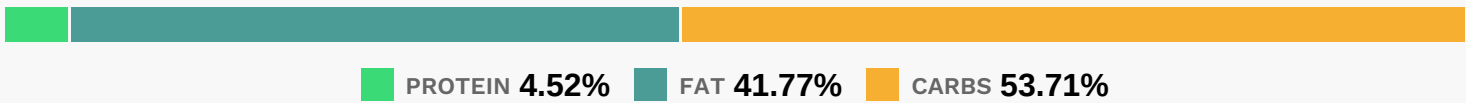
☐ knife

☐ whisk

Directions

- ☐ Peel and segment the oranges with a paring knife (see page 52). Squeeze the empty membranes over a large bowl to release the juices.
- ☐ Whisk the chili powder, salt and pepper to taste, the olive oil and lime juice into the orange juice. Toss in the orange segments and jicama. Before serving, add the scallions, cilantro and pomegranate seeds.
- ☐ Photograph by Sang An

Nutrition Facts



Properties

Glycemic Index:47.13, Glycemic Load:6.36, Inflammation Score:-7, Nutrition Score:13.652173933776%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 36.37mg, Hesperetin: 36.37mg, Hesperetin: 36.37mg, Hesperetin: 36.37mg Naringenin: 20.1mg, Naringenin: 20.1mg, Naringenin: 20.1mg, Naringenin: 20.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg

Nutrients (% of daily need)

Calories: 222.36kcal (11.12%), Fat: 10.85g (16.69%), Saturated Fat: 1.51g (9.44%), Carbohydrates: 31.4g (10.47%), Net Carbohydrates: 19.86g (7.22%), Sugar: 15.6g (17.33%), Cholesterol: 0mg (0%), Sodium: 204.33mg (8.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.64g (5.28%), Vitamin C: 106.99mg (129.69%), Fiber: 11.54g (46.16%), Vitamin K: 26.28µg (25.03%), Vitamin E: 2.63mg (17.51%), Folate: 65.83µg (16.46%), Potassium: 522.06mg (14.92%), Vitamin B1: 0.15mg (10.29%), Vitamin A: 473.39IU (9.47%), Magnesium: 35.54mg (8.89%), Calcium: 80.5mg (8.05%),

Vitamin B6: 0.16mg (7.96%), Manganese: 0.15mg (7.56%), Copper: 0.15mg (7.49%), Iron: 1.35mg (7.48%), Vitamin B2: 0.11mg (6.48%), Vitamin B5: 0.57mg (5.69%), Phosphorus: 52.94mg (5.29%), Vitamin B3: 0.77mg (3.87%), Selenium: 1.9µg (2.71%), Zinc: 0.4mg (2.69%)