



Jicama Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



48 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups jicama diced peeled (1 small)
- 2 tablespoons juice of lime fresh (1 lime)
- 2 teaspoons olive oil
- 2 tablespoons orange juice
- 0.1 teaspoon salt

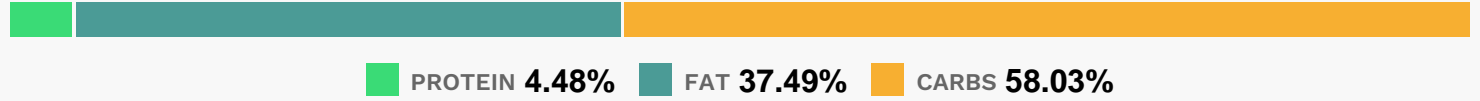
Equipment

- bowl

Directions

Combine all ingredients in a bowl.

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:0.83, Inflammation Score:-2, Nutrition Score:2.9617391772892%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 1.69mg, Hesperetin: 1.69mg, Hesperetin: 1.69mg, Hesperetin: 1.69mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 48.08kcal (2.4%), Fat: 2.08g (3.2%), Saturated Fat: 0.29g (1.83%), Carbohydrates: 7.25g (2.42%), Net Carbohydrates: 4.02g (1.46%), Sugar: 2.01g (2.23%), Cholesterol: 0mg (0%), Sodium: 75.55mg (3.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.56g (1.12%), Vitamin C: 19.63mg (23.79%), Fiber: 3.23g (12.93%), Vitamin E: 0.61mg (4.05%), Potassium: 123.31mg (3.52%), Folate: 11.1µg (2.78%), Iron: 0.43mg (2.36%), Magnesium: 9.34mg (2.33%), Manganese: 0.04mg (2.09%), Copper: 0.04mg (1.85%), Vitamin B6: 0.03mg (1.68%), Vitamin B1: 0.02mg (1.5%), Phosphorus: 14.19mg (1.42%), Vitamin K: 1.45µg (1.38%), Vitamin B2: 0.02mg (1.33%), Vitamin B5: 0.11mg (1.13%)