

health-score 51%

HEALTH SCORE

Jicama Salad

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

15 min.

SERVINGS

servings

6

CALORIES

calories

180 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 large beets trimmed peeled
- ☐ 2 large carrots peeled cut into 3-inch lengths
- ☐ 1 pound jicama peeled (1 large)
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 3 tablespoons juice of lime freshly squeezed (2 to 3 limes)
- ☐ 2 large navel oranges
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.3 cup peanuts unsalted toasted coarsely chopped

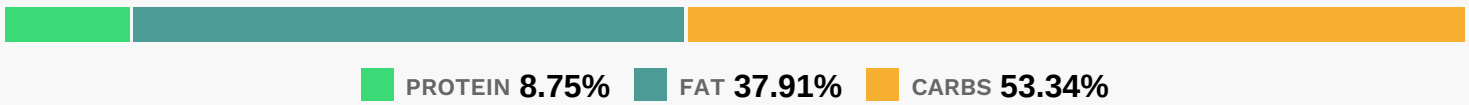
Equipment

- ☐ bowl
- ☐ knife
- ☐ whisk

Directions

- ☐ Using a mandolin or very sharp knife, julienne the jicama, beets, and carrots and combine in a large bowl.
- ☐ Slice off the ends of the oranges. Using a paring knife, remove the peel and pith from the oranges, following the curve of the fruit. Slice on either side of the membranes to remove the segments.
- ☐ Transfer the orange segments to the jicama mixture.
- ☐ Squeeze enough juice from the membranes into a bowl, to make 1/4 cup.
- ☐ Whisk the lime juice into the orange juice. While whisking, drizzle in the oil to make smooth vinaigrette.
- ☐ Pour the vinaigrette over jicama mixture, toss to coat, and season with salt and pepper.
- ☐ Transfer the jicama salad to a platter and sprinkle with the peanuts.

Nutrition Facts



Properties

Glycemic Index:26.31, Glycemic Load:5.14, Inflammation Score:-10, Nutrition Score:15.732608691506%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 10.88mg, Hesperetin: 10.88mg, Hesperetin: 10.88mg, Hesperetin: 10.88mg Naringenin: 3.34mg, Naringenin: 3.34mg, Naringenin: 3.34mg, Naringenin: 3.34mg Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 179.51kcal (8.98%), Fat: 8.05g (12.38%), Saturated Fat: 1.17g (7.32%), Carbohydrates: 25.48g (8.49%), Net Carbohydrates: 16.97g (6.17%), Sugar: 13.02g (14.47%), Cholesterol: 0mg (0%), Sodium: 91.4mg (3.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.18g (8.36%), Vitamin A: 4174.8IU (83.5%), Vitamin C: 50.96mg (61.77%), Fiber: 8.51g (34.03%), Folate: 134.99µg (33.75%), Manganese: 0.53mg (26.62%), Potassium: 611.05mg (17.46%), Magnesium: 49.54mg (12.38%), Vitamin E: 1.6mg (10.68%), Vitamin B6: 0.19mg (9.7%), Phosphorus: 92.3mg (9.23%), Vitamin B3: 1.78mg (8.88%), Copper: 0.16mg (8.13%), Iron: 1.45mg (8.06%), Vitamin B1: 0.1mg (6.8%), Vitamin B2: 0.11mg (6.42%), Vitamin K: 6.59µg (6.28%), Calcium: 56.63mg (5.66%), Vitamin B5: 0.53mg (5.25%), Zinc: 0.71mg (4.73%), Selenium: 1.77µg (2.52%)