



Jicama Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



15 min.

SERVINGS



4

CALORIES



148 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 bell pepper diced red finely
- ☐ 0.5 bell pepper diced yellow finely
- ☐ 0.5 bell pepper diced green finely
- ☐ 0.5 cup onion red chopped
- ☐ 0.5 a cucumber seeded chopped
- ☐ 1 navel oranges sliced quartered
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 0.3 cup juice of lime

- ☐ 1 pinch cayenne
- ☐ 1 pinch paprika
- ☐ 4 servings salt
- ☐ 0.5 avocado chopped
- ☐ 2 tablespoons olive oil extra virgin

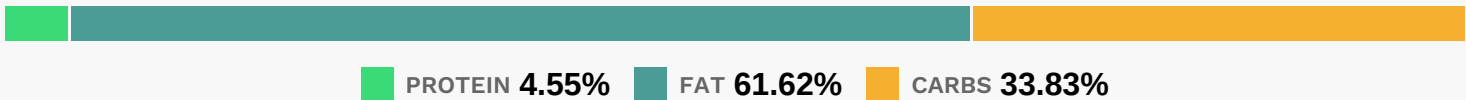
Equipment

- ☐ bowl

Directions

- ☐ Toss together the jicama, bell peppers, red onion, cucumber, orange, and cilantro in a large serving bowl.
- ☐ Pour lime juice over all.
- ☐ Sprinkle with a pinch of cayenne and paprika. Season generously with salt.
- ☐ Let sit a half an hour before serving.

Nutrition Facts



Properties

Glycemic Index:50.75, Glycemic Load:0.92, Inflammation Score:-8, Nutrition Score:11.429565097975%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 9.46mg, Hesperetin: 9.46mg, Hesperetin: 9.46mg, Hesperetin: 9.46mg Naringenin: 2.56mg, Naringenin: 2.56mg, Naringenin: 2.56mg, Naringenin: 2.56mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.2mg, Luteolin: 1.2mg, Luteolin: 1.2mg, Luteolin: 1.2mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.81mg, Quercetin: 5.81mg, Quercetin: 5.81mg, Quercetin: 5.81mg

Nutrients (% of daily need)

Calories: 148.24kcal (7.41%), Fat: 10.96g (16.86%), Saturated Fat: 1.55g (9.66%), Carbohydrates: 13.54g (4.51%), Net Carbohydrates: 9.63g (3.5%), Sugar: 5.85g (6.5%), Cholesterol: 0mg (0%), Sodium: 200.28mg (8.71%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.82g (3.64%), Vitamin C: 90.78mg (110.04%), Vitamin K: 20.46µg (19.49%), Vitamin A: 868.82IU (17.38%), Fiber: 3.91g (15.63%), Folate: 56.79µg (14.2%), Vitamin E: 2mg (13.3%), Vitamin B6: 0.25mg (12.44%), Potassium: 384.31mg (10.98%), Manganese: 0.16mg (8.24%), Vitamin B5: 0.68mg (6.79%), Copper: 0.13mg (6.72%), Magnesium: 24.91mg (6.23%), Vitamin B1: 0.09mg (5.91%), Vitamin B2: 0.09mg (5.45%), Vitamin B3: 1.03mg (5.14%), Phosphorus: 49.14mg (4.91%), Calcium: 36.53mg (3.65%), Iron: 0.59mg (3.29%), Zinc: 0.4mg (2.64%)