



Jicama Salad with Lime Juice and Fresh Mint



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



109 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.8 teaspoon ancho chili powder (or)
- ☐ 25 mint leaves fresh cut into thin strips
- ☐ 1.5 pounds jicama peeled cut into 1/2-inch cubes
- ☐ 3 tablespoons juice of lime fresh
- ☐ 2 teaspoons olive oil extra virgin extra-virgin
- ☐ 2 tablespoons goat cheese (or feta or goat cheese)
- ☐ 0.5 teaspoon salt

Equipment

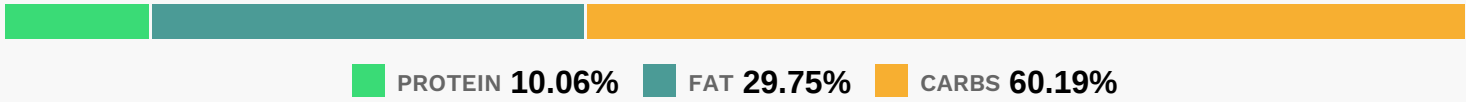
☐

bowl

Directions

- ☐ Combine jicama and oil in a bowl and toss well.
- ☐ Add lime juice, chile powder, and salt. Toss to coat. Divide salad among 4 small bowls, then sprinkle each with 1/4 of the mint and cheese right before serving.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:3.75, Glycemic Load:1, Inflammation Score:-6, Nutrition Score:8.2704349561878%

Flavonoids

Eriodictyol: 2.18mg, Eriodictyol: 2.18mg, Eriodictyol: 2.18mg, Eriodictyol: 2.18mg Hesperetin: 1.64mg, Hesperetin: 1.64mg, Hesperetin: 1.64mg, Hesperetin: 1.64mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.34mg, Apigenin: 0.34mg, Apigenin: 0.34mg, Apigenin: 0.34mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 109.04kcal (5.45%), Fat: 3.75g (5.77%), Saturated Fat: 1.36g (8.48%), Carbohydrates: 17.07g (5.69%), Net Carbohydrates: 8.06g (2.93%), Sugar: 3.34g (3.71%), Cholesterol: 3.22mg (1.07%), Sodium: 331.6mg (14.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.85g (5.71%), Vitamin C: 39.72mg (48.15%), Fiber: 9.01g (36.04%), Vitamin A: 490.34IU (9.81%), Manganese: 0.19mg (9.59%), Potassium: 313.08mg (8.95%), Iron: 1.56mg (8.67%), Vitamin E: 1.25mg (8.34%), Copper: 0.16mg (8.02%), Folate: 29.61µg (7.4%), Magnesium: 28mg (7%), Vitamin B2: 0.1mg (5.75%), Phosphorus: 55.8mg (5.58%), Vitamin B6: 0.11mg (5.46%), Calcium: 48.41mg (4.84%), Vitamin B1: 0.05mg (3.19%), Vitamin B5: 0.32mg (3.16%), Zinc: 0.43mg (2.88%), Vitamin B3: 0.54mg (2.68%), Vitamin K: 2.3µg (2.19%), Selenium: 1.48µg (2.11%)