



Jicama Slaw

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



149 kcal

SIDE DISH

Ingredients

- 1 teaspoon pepper black freshly ground
- 2 carrots julienned peeled
- 0.5 teaspoon chili powder
- 1 tablespoon cilantro leaves minced plus more for garnish
- 1.3 lbs jicama julienned peeled
- 3 tablespoons juice of lime fresh
- 6 tablespoons olive oil
- 0.5 onion red dry rinsed halved lengthwise very thinly sliced lengthwise

- 1 large bell pepper red cored very thinly sliced
- 0.3 head cabbage red cored very thinly sliced
- 0.5 teaspoon chile flakes red
- 1 teaspoon salt
- 1 teaspoon sugar
- 6 tablespoons unseasoned rice vinegar

Equipment

- ziploc bags

Directions

- At home: Put cut vegetables in a large resealable plastic bag. Keep, chilled, up to 2 days.
- Combine oil, vinegar, lime juice, minced cilantro, salt, pepper, sugar, chili powder, and chile flakes in a small resealable plastic bag or container. Keep, chilled, up to 2 days.
- Add dressing to vegetables, shake to combine well, and let sit 15 minutes, stirring 2 or 3 times.
- Serve garnished with cilantro, if you like.

Nutrition Facts



Properties

Glycemic Index:42.12, Glycemic Load:2.13, Inflammation Score:-10, Nutrition Score:11.736521959305%

Flavonoids

Cyanidin: 55.01mg, Cyanidin: 55.01mg, Cyanidin: 55.01mg, Cyanidin: 55.01mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg

Nutrients (% of daily need)

Calories: 149.05kcal (7.45%), Fat: 10.76g (16.55%), Saturated Fat: 1.5g (9.37%), Carbohydrates: 12.78g (4.26%), Net Carbohydrates: 7.61g (2.77%), Sugar: 4.77g (5.3%), Cholesterol: 0mg (0%), Sodium: 316.96mg (13.78%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.39g (2.78%), Vitamin A: 3578.82IU (71.58%), Vitamin C: 58.61mg (71.05%), Fiber: 5.17g (20.69%), Vitamin K: 20.46µg (19.48%), Vitamin E: 2.4mg (16.03%), Manganese: 0.2mg (10.23%), Vitamin B6: 0.18mg (9.08%), Potassium: 287.57mg (8.22%), Folate: 27.56µg (6.89%), Iron: 0.92mg (5.12%), Magnesium: 19.07mg (4.77%), Vitamin B2: 0.07mg (4.15%), Vitamin B1: 0.06mg (3.84%), Phosphorus: 35.72mg (3.57%), Vitamin B3: 0.65mg (3.25%), Calcium: 32.12mg (3.21%), Copper: 0.06mg (3%), Vitamin B5: 0.26mg (2.62%), Zinc: 0.29mg (1.94%), Selenium: 0.86µg (1.22%)