



Jicama Slaw

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



251 kcal

SIDE DISH

Ingredients

- 1 cup carrots julienned peeled
- 0.5 teaspoon chili powder
- 1 tablespoon cilantro leaves chopped
- 1 cup cucumber english julienned
- 1.5 cups jicama julienned peeled
- 3 tablespoons juice of lime
- 1 cup napa cabbage shredded
- 6 tablespoons olive oil extra-virgin

- 1 teaspoon pepper
- 0.5 cup bell pepper red julienned
- 0.5 teaspoon chili flakes red
- 0.5 cup onion red thinly sliced
- 6 tablespoons rice wine vinegar
- 1 teaspoon salt
- 1 teaspoon sugar

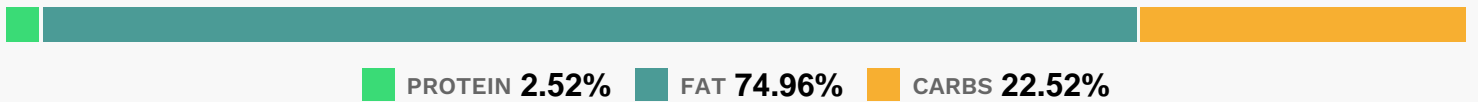
Equipment

- bowl
- whisk
- mixing bowl

Directions

- In a small mixing bowl add lime juice, chili flakes, rice wine vinegar, sugar, and extra-virgin olive oil. Season with salt and pepper and whisk to combine.
- Combine the jicama, carrots, cabbage and onion, cucumber, red pepper and cilantro in large bowl and toss.
- Add dressing to vegetables and let sit for 15 minutes, stirring 2 or 3 times.
- Serve.

Nutrition Facts



Properties

Glycemic Index:84.23, Glycemic Load:2.84, Inflammation Score:-10, Nutrition Score:14.020434768304%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.18mg,

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg,
Isorhamnetin: 1mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin:
0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.29mg, Quercetin: 4.29mg,
Quercetin: 4.29mg, Quercetin: 4.29mg

Nutrients (% of daily need)

Calories: 250.74kcal (12.54%), Fat: 21.36g (32.87%), Saturated Fat: 2.98g (18.6%), Carbohydrates: 14.44g (4.81%),
Net Carbohydrates: 9.72g (3.53%), Sugar: 5.96g (6.63%), Cholesterol: 0mg (0%), Sodium: 618.66mg (26.9%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.62g (3.24%), Vitamin A: 6190.78IU (123.82%), Vitamin C:
46.32mg (56.14%), Vitamin K: 32.14µg (30.61%), Vitamin E: 4.01mg (26.74%), Fiber: 4.72g (18.89%), Manganese:
0.27mg (13.39%), Vitamin B6: 0.21mg (10.68%), Folate: 42.54µg (10.63%), Potassium: 358.37mg (10.24%),
Magnesium: 22.56mg (5.64%), Iron: 0.92mg (5.11%), Calcium: 48.63mg (4.86%), Phosphorus: 47.24mg (4.72%),
Vitamin B2: 0.08mg (4.69%), Vitamin B1: 0.07mg (4.63%), Copper: 0.08mg (4.16%), Vitamin B3: 0.8mg (4%),
Vitamin B5: 0.35mg (3.5%), Zinc: 0.37mg (2.48%), Selenium: 0.95µg (1.36%)