



Jicama Slaw

 Vegetarian  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



123 kcal

SIDE DISH

Ingredients

- 2 tablespoons ancho chili powder
- 0.5 cup canola oil
- 2 carrots shredded
- 0.3 cup cilantro leaves finely chopped
- 2 tablespoons honey
- 1 large jicama shredded peeled finely
- 0.5 cup juice of lime freshly squeezed
- 0.5 napa cabbage shredded finely

- 2 tablespoons rice vinegar
- 8 servings salt and pepper black freshly ground

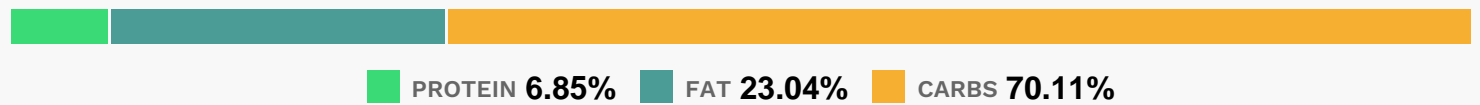
Equipment

- bowl
- whisk

Directions

- Place jicama, cabbage and carrots in a large bowl.
- Whisk together the lime juice, vinegar, ancho powder, honey and oil in a medium bowl and season with salt and pepper.
- Pour the lime mixture over the jicama mixture and toss to coat well, fold in the cilantro.
- Let sit at room temperature for 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:32.51, Glycemic Load:4, Inflammation Score:-9, Nutrition Score:14.396086806836%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 123.47kcal (6.17%), Fat: 3.39g (5.21%), Saturated Fat: 0.32g (1.99%), Carbohydrates: 23.19g (7.73%), Net Carbohydrates: 13.93g (5.06%), Sugar: 8.93g (9.92%), Cholesterol: 0mg (0%), Sodium: 55.23mg (2.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.27g (4.53%), Vitamin A: 3392.89IU (67.86%), Vitamin C: 51.1mg (61.94%), Fiber: 9.26g (37.03%), Vitamin K: 32.51µg (30.96%), Folate: 67.84µg (16.96%), Vitamin E: 2.16mg (14.39%), Manganese: 0.28mg (13.83%), Potassium: 471.12mg (13.46%), Vitamin B6: 0.26mg (13.22%), Iron: 1.52mg (8.45%), Magnesium: 31.78mg (7.94%), Calcium: 76.4mg (7.64%), Copper: 0.13mg (6.39%), Vitamin B2: 0.1mg (6.15%),

Phosphorus: 57.54mg (5.75%), Vitamin B1: 0.07mg (4.79%), Vitamin B3: 0.94mg (4.71%), Vitamin B5: 0.35mg (3.47%), Zinc: 0.52mg (3.46%), Selenium: 1.9µg (2.71%)