



Jicama Slaw



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



31 kcal

SIDE DISH

Ingredients

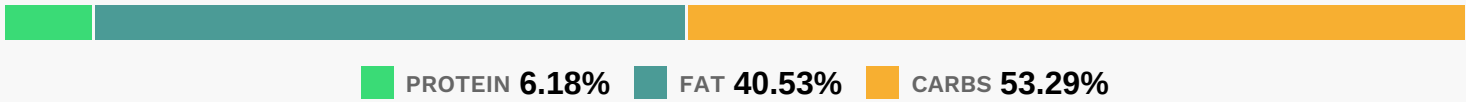
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 cups jicama thinly sliced ()
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 tablespoon olive oil
- ☐ 2 cups cabbage shredded red ()
- ☐ 0.3 cup onion red thinly sliced
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon sugar

Equipment

Directions

☐ Toss together all ingredients.

Nutrition Facts



Properties

Glycemic Index:17.61, Glycemic Load:0.68, Inflammation Score:-3, Nutrition Score:2.804347857185%

Flavonoids

Cyanidin: 37.35mg, Cyanidin: 37.35mg, Cyanidin: 37.35mg, Cyanidin: 37.35mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

Nutrients (% of daily need)

Calories: 30.61kcal (1.53%), Fat: 1.46g (2.25%), Saturated Fat: 0.2g (1.28%), Carbohydrates: 4.32g (1.44%), Net Carbohydrates: 2.59g (0.94%), Sugar: 1.55g (1.72%), Cholesterol: 0mg (0%), Sodium: 122.52mg (5.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.5g (1%), Vitamin C: 16.25mg (19.7%), Vitamin K: 8.99µg (8.56%), Fiber: 1.73g (6.93%), Vitamin A: 231.93IU (4.64%), Manganese: 0.07mg (3.31%), Vitamin B6: 0.05mg (2.7%), Potassium: 91.97mg (2.63%), Vitamin E: 0.35mg (2.37%), Folate: 7.48µg (1.87%), Iron: 0.32mg (1.8%), Magnesium: 6.59mg (1.65%), Vitamin B2: 0.02mg (1.28%), Vitamin B1: 0.02mg (1.27%), Calcium: 12.62mg (1.26%), Phosphorus: 11.58mg (1.16%)