



Jicama-Spinach Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



6

CALORIES



59 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons juice of lime
- ☐ 2 tablespoons honey
- ☐ 1 tablespoon vegetable oil
- ☐ 7 oz jicama
- ☐ 1 pomegranate seeds fresh sliced
- ☐ 3 cups baby spinach fresh (from 10-oz bag)

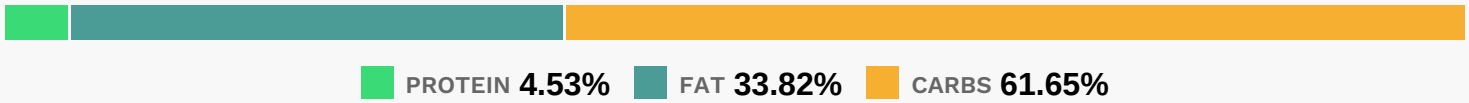
Equipment

- ☐ bowl

Directions

- ☐
- In small bowl, mix dressing ingredients until well blended. Cover; refrigerate 1 hour to blend flavors.
- ☐
- Peel jicama; cut into 1/4-inch-thick slices. With 1-inch heart-shaped cutter, cut out shapes from slices (about 1 cup hearts). In large bowl, gently toss jicama, pomegranate seeds and spinach.
- ☐
- Just before serving, pour dressing over salad; toss gently to mix.

Nutrition Facts



Properties

Glycemic Index:27.71, Glycemic Load:3.29, Inflammation Score:-7, Nutrition Score:7.4713044529376%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 58.72kcal (2.94%), Fat: 2.36g (3.63%), Saturated Fat: 0.36g (2.27%), Carbohydrates: 9.68g (3.23%), Net Carbohydrates: 7.69g (2.8%), Sugar: 6.51g (7.24%), Cholesterol: 0mg (0%), Sodium: 13.56mg (0.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.71g (1.42%), Vitamin K: 76.78µg (73.12%), Vitamin A: 1416IU (28.32%), Vitamin C: 12.45mg (15.09%), Folate: 33.77µg (8.44%), Manganese: 0.16mg (8.05%), Fiber: 1.99g (7.97%), Vitamin E: 0.65mg (4.36%), Magnesium: 16.38mg (4.09%), Potassium: 143.2mg (4.09%), Iron: 0.64mg (3.55%), Vitamin B2: 0.04mg (2.44%), Vitamin B6: 0.05mg (2.34%), Calcium: 19.96mg (2%), Copper: 0.04mg (1.98%), Phosphorus: 14.34mg (1.43%), Vitamin B1: 0.02mg (1.31%), Zinc: 0.15mg (1.02%)