



Jicama with Chili Salt



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



28 kcal

SIDE DISH

Ingredients



0.3 teaspoon chili powder



1.5 lb jicama



1 limes



1 tablespoon salt

Equipment

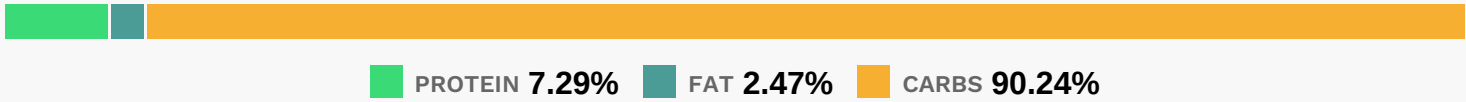


bowl

Directions

- ☐ Mix salt with chili powder to taste.
- ☐ Place in a small, shallow bowl.
- ☐ Peel jicama. Rinse and cut into 1/4-inch-thick wedges or 1/2-inch-thick sticks 3 to 4 inches long.
- ☐ Cut limes into wedges. Arrange jicama, limes, and chili salt on a platter.
- ☐ To eat, rub jicama with lime, then dip in chili salt.

Nutrition Facts



Properties

Glycemic Index:4.7, Glycemic Load:0.57, Inflammation Score:-2, Nutrition Score:2.6247826283393%

Flavonoids

Hesperetin: 2.88mg, Hesperetin: 2.88mg, Hesperetin: 2.88mg, Hesperetin: 2.88mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 28.01kcal (1.4%), Fat: 0.08g (0.13%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 6.73g (2.24%), Net Carbohydrates: 3.19g (1.16%), Sugar: 1.34g (1.49%), Cholesterol: 0mg (0%), Sodium: 701.32mg (30.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.54g (1.09%), Vitamin C: 15.69mg (19.02%), Fiber: 3.54g (14.16%), Potassium: 110.01mg (3.14%), Iron: 0.46mg (2.57%), Vitamin E: 0.35mg (2.31%), Manganese: 0.04mg (2.2%), Folate: 8.71µg (2.18%), Magnesium: 8.66mg (2.16%), Copper: 0.04mg (1.9%), Vitamin B6: 0.03mg (1.63%), Phosphorus: 13.6mg (1.36%), Vitamin B2: 0.02mg (1.27%), Calcium: 10.97mg (1.1%), Vitamin B5: 0.11mg (1.07%), Vitamin B1: 0.02mg (1.05%)