



Jicama, Zucchini and Red Pepper Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



137 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 tablespoons red wine vinegar
- ☐ 3 tablespoons vegetable oil
- ☐ 1 teaspoon sugar
- ☐ 0.5 teaspoon ground cumin
- ☐ 1.5 teaspoons oregano dried fresh chopped
- ☐ 0.3 teaspoon salt
- ☐ 1 clove garlic crushed
- ☐ 1 medium zucchini cut into 1 1/2 x 1/4 x 1/4-inch strips

- ☐ 1 medium bell pepper red cut into 1 1/2x1/4-inch strips
- ☐ 0.5 small jicama peeled cut into 1 1/2x1/4x1/4-inch strips
- ☐ 4 romaine leaves

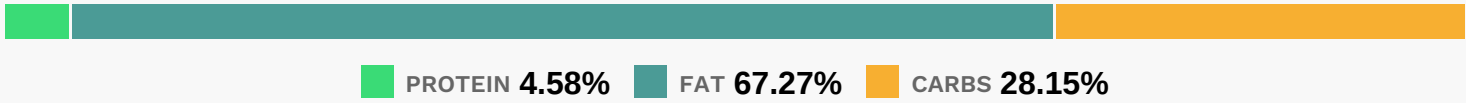
Equipment

- ☐ bowl

Directions

- ☐ In small jar with tight-fitting lid, shake dressing ingredients.
- ☐ In large bowl, mix zucchini, bell pepper and jicama.
- ☐ Pour dressing over mixture; stir gently.
- ☐ Arrange lettuce on 4 individual salad plates or large serving platter. Spoon salad mixture over lettuce.

Nutrition Facts



Properties

Glycemic Index:43.02, Glycemic Load:1.58, Inflammation Score:-10, Nutrition Score:12.014347713927%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 137.2kcal (6.86%), Fat: 10.58g (16.28%), Saturated Fat: 1.64g (10.25%), Carbohydrates: 9.96g (3.32%), Net Carbohydrates: 6.01g (2.19%), Sugar: 4.58g (5.09%), Cholesterol: 0mg (0%), Sodium: 160.64mg (6.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.62g (3.24%), Vitamin C: 60.71mg (73.59%), Vitamin A: 2832.01IU (56.64%), Vitamin K: 27.15µg (25.86%), Fiber: 3.95g (15.8%), Manganese: 0.28mg (14.17%), Vitamin E: 1.79mg (11.94%), Vitamin B6: 0.23mg (11.39%), Folate: 41.87µg (10.47%), Potassium: 327.02mg (9.34%), Iron: 1.31mg (7.27%), Vitamin B2: 0.11mg (6.73%), Magnesium: 24.57mg (6.14%), Vitamin B1: 0.08mg (5.04%), Phosphorus: 45.93mg (4.59%), Calcium: 40.47mg (4.05%), Vitamin B3: 0.75mg (3.75%), Copper: 0.06mg (3.17%), Vitamin B5: 0.27mg (2.67%), Zinc: 0.4mg (2.65%), Selenium: 0.75µg (1.07%)