



Mango, Jicama and Radish Salad with Peanut Dressing

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

15 min.

SERVINGS

servings

6

CALORIES

calories

172 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup cilantro leaves fresh
- ☐ 2 cups jicama cubed peeled cut into 1/2-inch cubes
- ☐ 2 tablespoons brown sugar light
- ☐ 0.3 cup juice of lime fresh 2 limes
- ☐ 2 small mangoes cubed peeled
- ☐ 6 cups baby greens mixed washed and dried
- ☐ 8 large radishes halved lengthwise thinly sliced

- ☐ 6 servings salt
- ☐ 3 tablespoons smooth peanut butter
- ☐ 2 tablespoons vegetable oil

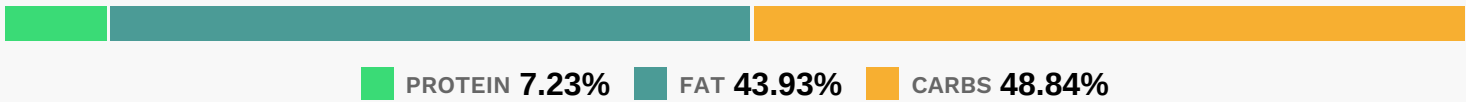
Equipment

- ☐ bowl
- ☐ whisk
- ☐ tongs

Directions

- ☐ Watch how to make this recipe.
- ☐ In a medium bowl, whisk the peanut butter and lime juice until smooth.
- ☐ Add the brown sugar, vegetable oil and some salt and whisk until combined.
- ☐ Add enough water to thin the sauce and give it a dressing-like consistency, about 2 to 3 tablespoons.
- ☐ Place the radishes, greens, mangoes, jicama and cilantro in a large bowl and toss together.
- ☐ Drizzle with the dressing, toss using tongs to coat and serve.

Nutrition Facts



Properties

Glycemic Index:24.13, Glycemic Load:5.31, Inflammation Score:-8, Nutrition Score:9.9786956673083%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 7.59mg, Pelargonidin: 7.59mg, Pelargonidin: 7.59mg, Pelargonidin: 7.59mg Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg

0.14mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 171.9kcal (8.59%), Fat: 8.97g (13.8%), Saturated Fat: 1.58g (9.88%), Carbohydrates: 22.45g (7.48%), Net Carbohydrates: 18.59g (6.76%), Sugar: 15.35g (17.06%), Cholesterol: 0mg (0%), Sodium: 247.24mg (10.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.32g (6.64%), Vitamin C: 48.13mg (58.34%), Vitamin A: 1260.95IU (25.22%), Fiber: 3.86g (15.45%), Folate: 61.01µg (15.25%), Manganese: 0.26mg (13.08%), Vitamin E: 1.96mg (13.06%), Vitamin K: 13.67µg (13.02%), Potassium: 343.43mg (9.81%), Vitamin B3: 1.89mg (9.44%), Vitamin B6: 0.18mg (9.14%), Copper: 0.16mg (8.16%), Magnesium: 32.56mg (8.14%), Phosphorus: 64.47mg (6.45%), Vitamin B2: 0.08mg (4.78%), Iron: 0.85mg (4.74%), Vitamin B1: 0.06mg (3.7%), Vitamin B5: 0.37mg (3.69%), Zinc: 0.47mg (3.1%), Calcium: 30.21mg (3.02%), Selenium: 1.34µg (1.92%)