



Mango Jicama Chopped Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



198 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cucumber seedless cut into 2- by 1/4-inch sticks
- ☐ 1 teaspoon garlic minced
- ☐ 2 tablespoons honey
- ☐ 1 pound jicama peeled chopped
- ☐ 0.3 cup juice of lime fresh
- ☐ 2 mangoes pitted peeled coarsely chopped
- ☐ 3 cups napa cabbage sliced
- ☐ 0.3 cup olive oil

- ☐ 1 cup pumpkin seeds salted toasted
- ☐ 1 tablespoon red-wine vinegar
- ☐ 1.5 pounds the of 1 cos lettuce

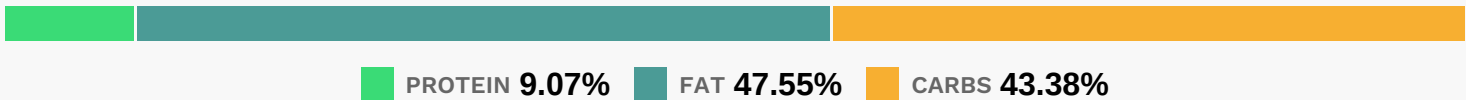
Equipment

- ☐ whisk
- ☐ ziploc bags

Directions

- ☐ Whisk together juice, honey, vinegar, and garlic.
- ☐ Add oil in a slow stream, whisking until emulsified. Season with salt and pepper.
- ☐ Toss together jícama, mangoes, cabbage, romaine, and cucumber with dressing to taste.
- ☐ Serve salad sprinkled with pumpkin seeds.
- ☐ · Dressing may be made 1 day ahead and chilled, covered: You can prepare salad ingredients 1 day ahead and keep in separate sealed plastic bags, chilled.

Nutrition Facts



Properties

Glycemic Index:23.88, Glycemic Load:6.44, Inflammation Score:-10, Nutrition Score:21.791739132093%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg

Nutrients (% of daily need)

Calories: 197.58kcal (9.88%), Fat: 11.26g (17.33%), Saturated Fat: 1.74g (10.86%), Carbohydrates: 23.11g (7.7%), Net Carbohydrates: 16.75g (6.09%), Sugar: 14.39g (15.99%), Cholesterol: 0mg (0%), Sodium: 13.8mg (0.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.83g (9.67%), Vitamin A: 8094.98IU (161.9%), Vitamin K: 109.52µg (104.3%), Vitamin C: 44.49mg (53.92%), Folate: 174.06µg (43.52%), Manganese: 0.64mg (32.18%), Fiber: 6.36g (25.43%), Magnesium: 78.27mg (19.57%), Potassium: 556.05mg (15.89%), Phosphorus: 156.36mg (15.64%), Vitamin E: 2.04mg (13.6%), Copper: 0.26mg (12.81%), Vitamin B6: 0.24mg (12.11%), Iron: 2.18mg (12.09%), Vitamin B1: 0.13mg (8.53%), Vitamin B2: 0.13mg (7.61%), Zinc: 1.08mg (7.22%), Calcium: 71.42mg (7.14%), Vitamin B3: 1.28mg (6.38%), Vitamin B5: 0.45mg (4.53%), Selenium: 2.13µg (3.04%)