



Mango Jicama Slaw



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



96 kcal

SIDE DISH

Ingredients

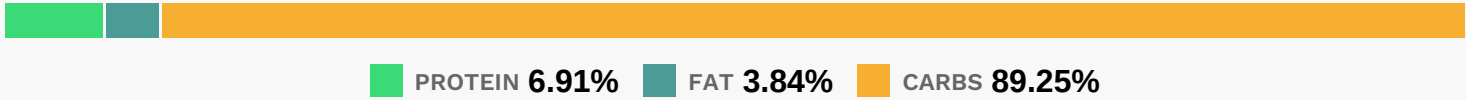
- ☐ 0.5 cup carrots julienned
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 pound jicama julienned peeled
- ☐ 0.5 cup juice of lime fresh
- ☐ 1 mangos julienned
- ☐ 1 bell pepper red julienned seeded
- ☐ 4 servings salt and pepper freshly ground

Equipment

Directions

- ☐ Watch how to make this recipe.
- ☐ Combine all ingredients and refrigerate until serving.

Nutrition Facts



Properties

Glycemic Index:44.4, Glycemic Load:5.14, Inflammation Score:-10, Nutrition Score:14.452173896458%

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: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 96.23kcal (4.81%), Fat: 0.45g (0.7%), Saturated Fat: 0.1g (0.6%), Carbohydrates: 23.67g (7.89%), Net Carbohydrates: 16.07g (5.84%), Sugar: 11.66g (12.95%), Cholesterol: 0mg (0%), Sodium: 212.14mg (9.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.83g (3.66%), Vitamin C: 90.11mg (109.23%), Vitamin A: 4270.79IU (85.42%), Fiber: 7.61g (30.43%), Folate: 56.23µg (14.06%), Potassium: 411.65mg (11.76%), Vitamin B6: 0.23mg (11.54%), Vitamin E: 1.65mg (11.03%), Vitamin K: 9.36µg (8.92%), Manganese: 0.17mg (8.35%), Magnesium: 26.96mg (6.74%), Copper: 0.13mg (6.73%), Vitamin B2: 0.09mg (5.49%), Iron: 0.99mg (5.48%), Vitamin B3: 1.08mg (5.38%), Vitamin B1: 0.07mg (4.8%), Phosphorus: 45.71mg (4.57%), Vitamin B5: 0.44mg (4.36%), Calcium: 31.69mg (3.17%), Zinc: 0.37mg (2.47%), Selenium: 1.19µg (1.7%)