



WHATSheATE



Minted Citrus-Jícama Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



4

CALORIES



568 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2.5 tablespoons mint leaves fresh chopped
- ☐ 1 medium jicama peeled cut into 1/4-inch strips (2 cups)
- ☐ 3 tablespoons juice of lime
- ☐ 26 ounce citrus sections in syrup light fresh refrigerated drained
- ☐ 1.5 tablespoons sugar

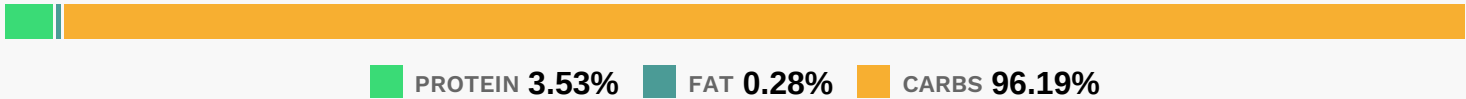
Equipment

- ☐ bowl

Directions

- ☐ Combine jcama and citrus sections in a medium bowl; set aside.
- ☐ Combine sugar and lime juice in a small bowl, stirring until sugar dissolves.
- ☐ Pour lime mixture over jcama mixture; sprinkle with chopped mint, and toss gently.

Nutrition Facts



Properties

Glycemic Index:21.27, Glycemic Load:4.11, Inflammation Score:-3, Nutrition Score:7.07652183201%

Flavonoids

Eriodictyol: 1.21mg, Eriodictyol: 1.21mg, Eriodictyol: 1.21mg, Eriodictyol: 1.21mg Hesperetin: 1.33mg, Hesperetin: 1.33mg, Hesperetin: 1.33mg, Hesperetin: 1.33mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 567.72kcal (28.39%), Fat: 0.2g (0.31%), Saturated Fat: 0.04g (0.27%), Carbohydrates: 156.44g (52.15%), Net Carbohydrates: 148.07g (53.84%), Sugar: 117.33g (130.36%), Cholesterol: 0mg (0%), Sodium: 138.66mg (6.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.74g (11.47%), Vitamin C: 37.65mg (45.63%), Fiber: 8.37g (33.47%), Calcium: 151.84mg (15.18%), Potassium: 278.16mg (7.95%), Manganese: 0.14mg (6.89%), Iron: 1.16mg (6.44%), Folate: 24.46µg (6.11%), Magnesium: 23.17mg (5.79%), Vitamin E: 0.78mg (5.22%), Copper: 0.09mg (4.64%), Vitamin B6: 0.08mg (3.88%), Vitamin A: 172.97IU (3.46%), Vitamin B2: 0.06mg (3.45%), Phosphorus: 33.51mg (3.35%), Vitamin B1: 0.04mg (2.56%), Vitamin B5: 0.25mg (2.47%), Zinc: 0.31mg (2.05%), Vitamin B3: 0.4mg (1.99%), Selenium: 1.19µg (1.7%)