



Minted Mango and Jicama Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



12 min.

SERVINGS



4

CALORIES



70 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 teaspoon ginger fresh minced peeled
- 1 tablespoon mint leaves fresh chopped
- 1 cup strips jicama peeled (3 x)
- 1 tablespoon juice of lime fresh
- 1 mangos ripe peeled sliced
- 2 tablespoons orange marmalade reduced-sugar

Equipment

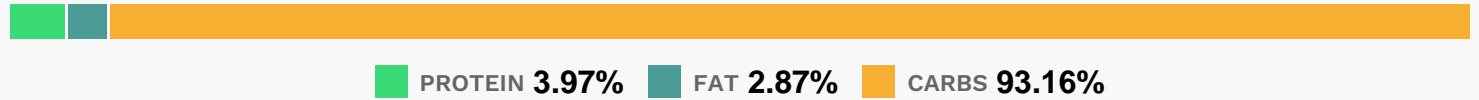
- bowl

whisk

Directions

- Combine first 4 ingredients in a small bowl; stir well with a whisk.
- Combine mango and jicama in a medium bowl.
- Drizzle juice mixture over mango mixture; toss gently to coat.

Nutrition Facts



Properties

Glycemic Index:20.44, Glycemic Load:3.79, Inflammation Score:-5, Nutrition Score:4.4917391564535%

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: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 70.21kcal (3.51%), Fat: 0.24g (0.38%), Saturated Fat: 0.06g (0.37%), Carbohydrates: 17.85g (5.95%), Net Carbohydrates: 15.23g (5.54%), Sugar: 13.75g (15.27%), Cholesterol: 0mg (0%), Sodium: 7.95mg (0.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.76g (1.52%), Vitamin C: 27.43mg (33.25%), Vitamin A: 627.93IU (12.56%), Fiber: 2.62g (10.46%), Folate: 28.91µg (7.23%), Copper: 0.09mg (4.41%), Potassium: 152.96mg (4.37%), Vitamin E: 0.63mg (4.21%), Vitamin B6: 0.08mg (4.05%), Manganese: 0.07mg (3.53%), Magnesium: 10.79mg (2.7%), Vitamin B3: 0.45mg (2.23%), Vitamin K: 2.29µg (2.18%), Vitamin B2: 0.04mg (2.1%), Iron: 0.36mg (2.01%), Calcium: 17.03mg (1.7%), Vitamin B1: 0.02mg (1.57%), Vitamin B5: 0.16mg (1.57%), Phosphorus: 15.1mg (1.51%)