



Rustic Jicama Appetizer with Red Chile and Lime



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



51 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons chili powder dried hot
- ☐ 3 cups cucumbers peeled halved lengthwise seeded thinly sliced
- ☐ 0.3 cup cilantro leaves fresh coarsely chopped
- ☐ 1 pound jicama
- ☐ 0.3 cup juice of lime fresh
- ☐ 1.5 cups navel oranges peeled halved lengthwise
- ☐ 0.5 cup radishes thinly sliced

☐ 0.5 teaspoon salt

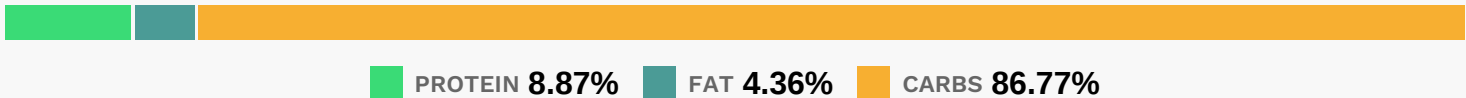
Equipment

☐ bowl

Directions

- ☐ Peel and cut the jicama in half.
- ☐ Place halves cut sides down, and cut into 1/4-inch-thick slices.
- ☐ Combine jicama, oranges, cucumbers, radishes, and juice in a bowl.
- ☐ Let stand 30 minutes.
- ☐ Add the ground chile and salt, and toss well.
- ☐ Sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.49, Inflammation Score:-5, Nutrition Score:6.0243478935698%

Flavonoids

Pelargonidin: 4.58mg, Pelargonidin: 4.58mg, Pelargonidin: 4.58mg, Pelargonidin: 4.58mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 7.67mg, Hesperetin: 7.67mg, Hesperetin: 7.67mg, Hesperetin: 7.67mg Naringenin: 2.23mg, Naringenin: 2.23mg, Naringenin: 2.23mg, Naringenin: 2.23mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 50.52kcal (2.53%), Fat: 0.27g (0.41%), Saturated Fat: 0.04g (0.23%), Carbohydrates: 11.94g (3.98%), Net Carbohydrates: 7.6g (2.76%), Sugar: 5.16g (5.73%), Cholesterol: 0mg (0%), Sodium: 153.37mg (6.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.22g (2.44%), Vitamin C: 36mg (43.63%), Fiber: 4.34g (17.35%), Vitamin A: 501.16IU (10.02%), Potassium: 259.47mg (7.41%), Folate: 28.17µg (7.04%), Vitamin K: 7.32µg (6.97%), Manganese: 0.1mg (4.98%), Magnesium: 18.99mg (4.75%), Vitamin B6: 0.09mg (4.68%), Copper: 0.09mg (4.27%), Vitamin B2: 0.06mg (3.82%), Vitamin B1: 0.05mg (3.51%), Iron: 0.61mg (3.4%), Phosphorus: 32.94mg (3.29%), Vitamin B5: 0.32mg (3.17%), Calcium: 31.4mg (3.14%), Vitamin E: 0.4mg (2.66%), Vitamin B3: 0.41mg (2.05%), Zinc: 0.24mg

(1.63%)