

## Singkamas (Jicama) Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



10

CALORIES



116 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- ☐ 1 carrots cut into matchsticks
- ☐ 2 inch ginger root fresh thinly sliced
- ☐ 1 bell pepper green cut into long thin strips
- ☐ 2 chile peppers green halved lengthwise seeded cut into strips
- ☐ 1 large jicama peeled cut into matchsticks
- ☐ 1 bell pepper red cut into long thin strips
- ☐ 1 small onion red sliced into thin lengthwise slivers
- ☐ 1 teaspoon salt

- ☐ 0.7 cup vinegar
- ☐ 1 cup water
- ☐ 0.7 cup sugar white

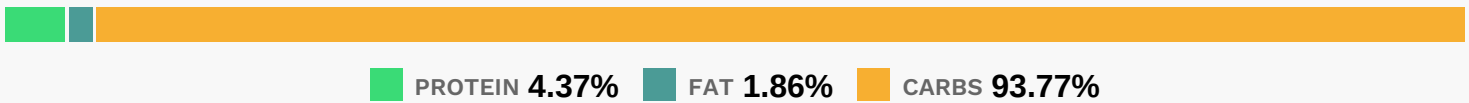
## Equipment

- ☐ bowl
- ☐ whisk

## Directions

- ☐ Combine the jicama, red bell pepper, green bell pepper, red onion, green chile peppers, ginger, and carrot in a large bowl.
- ☐ Whisk the water, vinegar, sugar, and salt together in a separate bowl; pour over the vegetable mixture and toss to coat. Refrigerate at least 1 hour before serving.

## Nutrition Facts



## Properties

Glycemic Index:26.59, Glycemic Load:10.66, Inflammation Score:-8, Nutrition Score:8.2417389983716%

## Flavonoids

Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg

## Nutrients (% of daily need)

Calories: 115.92kcal (5.8%), Fat: 0.24g (0.37%), Saturated Fat: 0.05g (0.3%), Carbohydrates: 27.6g (9.2%), Net Carbohydrates: 20.59g (7.49%), Sugar: 17.34g (19.26%), Cholesterol: 0mg (0%), Sodium: 274.64mg (11.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.29g (2.57%), Vitamin C: 51.36mg (62.26%), Vitamin A: 1461.1IU (29.22%), Fiber: 7.01g (28.06%), Potassium: 267.98mg (7.66%), Manganese: 0.14mg (6.82%), Vitamin B6: 0.14mg (6.78%), Folate: 24.47µg (6.12%), Vitamin E: 0.83mg (5.53%), Magnesium: 19.86mg (4.97%), Iron: 0.88mg (4.86%), Copper: 0.08mg (4.18%), Vitamin B2: 0.06mg (3.4%), Phosphorus: 33.56mg (3.36%), Vitamin B1: 0.05mg (3.11%), Vitamin K: 2.67µg (2.55%), Vitamin B3: 0.5mg (2.48%), Vitamin B5: 0.24mg (2.45%), Calcium: 23.2mg (2.32%), Zinc: 0.28mg (1.88%), Selenium: 1.09µg (1.55%)