



Singkamas (Jicama) Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

Image not found or type unknown

READY IN

ready

90 min.

Image not found or type unknown

SERVINGS

servings

10

Image not found or type unknown

CALORIES

calories

116 kcal

Image not found or type unknown

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

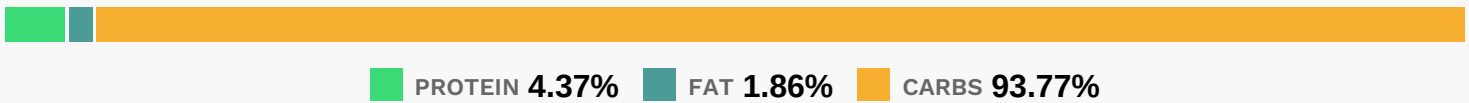
Equipment

- ☐ 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%)