



## Smoky Orange-Jicama Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



20 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 teaspoon chipotle pepper in adobo sauce canned chopped
- 0.5 teaspoon ground cumin
- 1 cup jicama finely chopped
- 4 navel oranges peeled cut into segments
- 0.3 cup orange juice fresh
- 1 teaspoon orange zest
- 0.5 cup bell pepper red finely chopped
- 0.3 cup onion red very thinly sliced

0.5 teaspoon salt

## Equipment

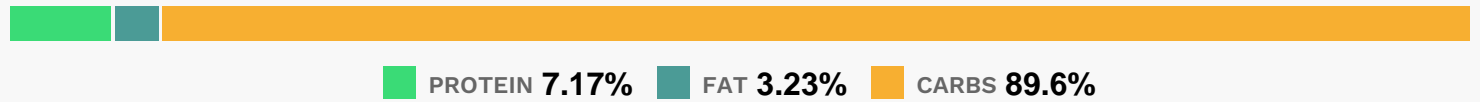
bowl

## Directions

Combine first 6 ingredients in a bowl, breaking orange segments into pieces if large.

Combine orange juice, chipotle pepper, and salt; stir into orange mixture. Cover and chill.

## Nutrition Facts



## Properties

Glycemic Index:6.55, Glycemic Load:0.29, Inflammation Score:-3, Nutrition Score:2.5347826020873%

## Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 6.49mg, Hesperetin: 6.49mg, Hesperetin: 6.49mg, Hesperetin: 6.49mg Naringenin: 2.05mg, Naringenin: 2.05mg, Naringenin: 2.05mg, Naringenin: 2.05mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

## Nutrients (% of daily need)

Calories: 19.8kcal (0.99%), Fat: 0.08g (0.12%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 4.91g (1.64%), Net Carbohydrates: 3.81g (1.39%), Sugar: 3.02g (3.35%), Cholesterol: 0mg (0%), Sodium: 59.03mg (2.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.39g (0.79%), Vitamin C: 24.47mg (29.66%), Fiber: 1.09g (4.38%), Vitamin A: 194.46IU (3.89%), Folate: 13.36µg (3.34%), Potassium: 74.33mg (2.12%), Vitamin B6: 0.04mg (1.99%), Vitamin B1: 0.03mg (1.77%), Calcium: 14.54mg (1.45%), Magnesium: 5.05mg (1.26%), Vitamin B2: 0.02mg (1.24%), Manganese: 0.02mg (1.05%), Vitamin B5: 0.1mg (1.03%)