



Southwest Salad with Jicama



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



200 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



1 avocado diced



15 ounce black beans rinsed drained canned



8 ounce corn salsa



1 small jicama peeled chopped



1 cup pomegranate seeds

Equipment

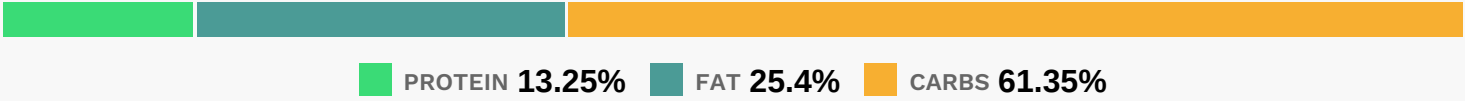


bowl

Directions

☐ Mix black beans, corn salsa, pomegranate seeds, avocado, and jicama together in a bowl.

Nutrition Facts



Properties

Glycemic Index:29.58, Glycemic Load:7.19, Inflammation Score:-5, Nutrition Score:12.149565230245%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 200.19kcal (10.01%), Fat: 6.07g (9.34%), Saturated Fat: 0.89g (5.54%), Carbohydrates: 33g (11%), Net Carbohydrates: 20.89g (7.59%), Sugar: 6.78g (7.53%), Cholesterol: 0mg (0%), Sodium: 278.13mg (12.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.13g (14.25%), Fiber: 12.12g (48.46%), Vitamin C: 22.42mg (27.17%), Folate: 96.75µg (24.19%), Potassium: 618.93mg (17.68%), Manganese: 0.34mg (17.24%), Copper: 0.29mg (14.53%), Phosphorus: 143.86mg (14.39%), Magnesium: 54.93mg (13.73%), Vitamin B1: 0.19mg (12.49%), Iron: 2.15mg (11.93%), Vitamin K: 11.85µg (11.29%), Vitamin B6: 0.22mg (11.18%), Vitamin B5: 1.08mg (10.8%), Vitamin B2: 0.18mg (10.72%), Vitamin B3: 1.86mg (9.3%), Vitamin E: 1.17mg (7.81%), Zinc: 1.02mg (6.83%), Calcium: 39.99mg (4%), Vitamin A: 163.93IU (3.28%), Selenium: 1.69µg (2.42%)