



Strawberry-Jicama Toss



Vegetarian



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



82 kcal

SIDE DISH

Ingredients

- 2 tablespoons vegetable oil
- 2 tablespoons honey
- 2 tablespoons orange juice
- 1 tablespoon seasoned rice vinegar
- 1 teaspoon poppy seeds
- 2 teaspoons dijon mustard
- 6 cups the salad mixed
- 1 cup strawberries sliced

- 1 cup cabbage shredded chinese finely (napa)
- 0.8 cup jicama peeled
- 2 kiwi fruit peeled sliced

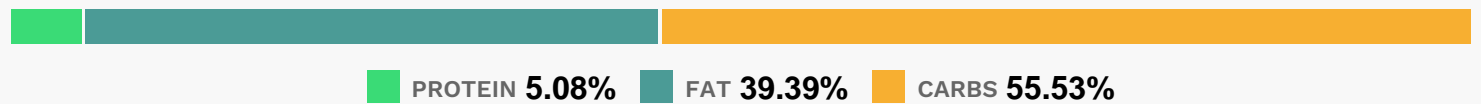
Equipment

- bowl

Directions

- In tightly covered container, shake all dressing ingredients until well blended.
- In large serving bowl, mix all salad ingredients.
- Add dressing; toss to coat.

Nutrition Facts



Properties

Glycemic Index:42.87, Glycemic Load:4.41, Inflammation Score:-5, Nutrition Score:6.3099999894267%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 81.59kcal (4.08%), Fat: 3.8g (5.85%), Saturated Fat: 0.56g (3.48%), Carbohydrates: 12.06g (4.02%), Net Carbohydrates: 10.05g (3.66%), Sugar: 8.12g (9.02%), Cholesterol: 0mg (0%), Sodium: 25.32mg (1.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.1g (2.21%), Vitamin C: 42.36mg (51.35%), Vitamin K: 22.53µg (21.45%), Manganese: 0.19mg (9.67%), Fiber: 2g (8.02%), Vitamin A: 383.27IU (7.67%), Folate: 28.33µg (7.08%), Potassium: 173.18mg (4.95%), Vitamin E: 0.71mg (4.72%), Copper: 0.07mg (3.63%), Magnesium: 14.29mg (3.57%), Phosphorus: 33.85mg (3.38%), Vitamin B6: 0.07mg (3.35%), Iron: 0.52mg (2.89%), Calcium: 26.79mg (2.68%), Vitamin B1: 0.04mg (2.44%), Vitamin B2: 0.04mg (2.13%), Vitamin B3: 0.4mg (1.99%), Vitamin B5: 0.15mg (1.52%), Zinc: 0.21mg (1.38%), Selenium: 0.88µg (1.26%)