



Tapenade on Jícama Stars



Gluten Free



Dairy Free



Low Fod Map

READY IN



60 min.

SERVINGS



45

CALORIES



8 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 45 small parsley fresh
- ☐ 2 pounds jicama peeled (1 large or 2 medium)
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.5 cup olive tapenade (4-ounce jar)

Equipment

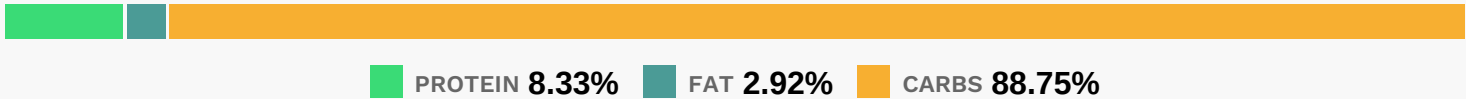
- ☐ knife
- ☐ mandoline
- ☐ cookie cutter

☐ ziploc bags

Directions

- ☐ Put jícama crosswise into 1-inch-thick slices (make slices thinner if your cookie cutter is shallow).
- ☐ Lay 1 slice flat and cut out as many star-shaped chunks as possible.
- ☐ Cut chunks into 3/4-inch-thick stars using a mandoline or other manual slicer or a sharp thin knife.
- ☐ Sprinkle stars with lemon juice and arrange a parsley leaf on each. Drop 1/4 teaspoon tapenade onto center of each star, partially covering leaf.
- ☐ ·You can cut jícama stars 1 day ahead and chill, tossed with lemon juice, in a sealable plastic bag.

Nutrition Facts



Properties

Glycemic Index:1.04, Glycemic Load:0.13, Inflammation Score:-1, Nutrition Score:1.620000022261%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 8.17kcal (0.41%), Fat: 0.03g (0.04%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 1.89g (0.63%), Net Carbohydrates: 0.86g (0.31%), Sugar: 0.39g (0.43%), Cholesterol: 0mg (0%), Sodium: 1.37mg (0.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.18g (0.35%), Vitamin K: 16.46µg (15.68%), Vitamin C: 5.66mg (6.86%), Fiber: 1.02g (4.09%), Vitamin A: 88.51IU (1.77%), Potassium: 36.47mg (1.04%), Folate: 4.07µg (1.02%), Iron: 0.18mg (1.02%)