



Thai-Style Jicama Salad



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



213 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 large carrots julienned peeled
- ☐ 2 stalks celery very finely sliced
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 2 tablespoons vietnamese fish sauce (nam pla or nuoc mam)
- ☐ 4 cups jicama julienned peeled
- ☐ 6 tablespoons juice of lime fresh
- ☐ 0.3 cup mint leaves chopped
- ☐ 0.3 cup peanuts salted chopped

- ☐ 2 serrano chiles minced
- ☐ 0.5 pound shrimp cooked peeled sliced in half lengthwise per lb.), tails removed,
- ☐ 2 tablespoons sugar

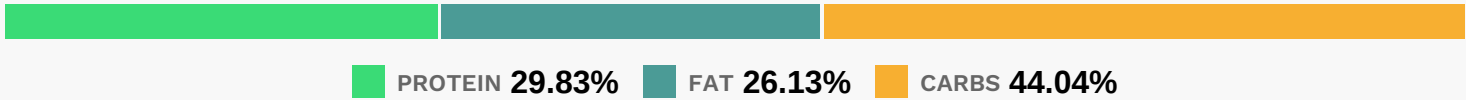
Equipment

- ☐ bowl
- ☐ kitchen towels

Directions

- ☐ Spread jicama and carrot on a clean, dry dish towel with strands going in the same direction.
- ☐ Roll up and press towel (to squeeze out as much liquid as possible without breaking strands).
- ☐ Transfer vegetables to a bowl and fluff with your fingers.
- ☐ Add celery, mint, cilantro, chiles, and shrimp and toss to combine.
- ☐ In a small bowl, combine lime juice, sugar, and fish sauce and stir until sugar dissolves.
- ☐ Pour dressing over salad and toss to coat, then sprinkle with chopped peanuts.

Nutrition Facts



Properties

Glycemic Index:48.98, Glycemic Load:5.62, Inflammation Score:-10, Nutrition Score:15.402608653773%

Flavonoids

Eriodictyol: 1.36mg, Eriodictyol: 1.36mg, Eriodictyol: 1.36mg, Eriodictyol: 1.36mg Hesperetin: 2.3mg, Hesperetin: 2.3mg, Hesperetin: 2.3mg, Hesperetin: 2.3mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 213.25kcal (10.66%), Fat: 6.53g (10.05%), Saturated Fat: 1.03g (6.43%), Carbohydrates: 24.76g (8.25%), Net Carbohydrates: 16.03g (5.83%), Sugar: 10.28g (11.42%), Cholesterol: 91.29mg (30.43%), Sodium: 862.42mg

(37.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.77g (33.55%), Vitamin A: 3351.58IU (67.03%), Vitamin C: 37.25mg (45.15%), Fiber: 8.73g (34.92%), Manganese: 0.5mg (24.89%), Phosphorus: 210.43mg (21.04%), Copper: 0.41mg (20.3%), Magnesium: 80.96mg (20.24%), Potassium: 631.43mg (18.04%), Vitamin B3: 2.66mg (13.31%), Folate: 52.91µg (13.23%), Vitamin K: 12.22µg (11.63%), Iron: 1.73mg (9.59%), Vitamin B6: 0.19mg (9.49%), Calcium: 92.91mg (9.29%), Zinc: 1.36mg (9.07%), Vitamin B1: 0.09mg (6.13%), Vitamin E: 0.87mg (5.77%), Vitamin B2: 0.09mg (5.36%), Vitamin B5: 0.5mg (5.03%), Selenium: 2.82µg (4.03%)