



Watermelon, Cucumber, and Jicama Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



59 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups cucumber cubed peeled seeded () (1 1/2 lb)
- ☐ 0.3 cup basil fresh chopped
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 2 cups jicama cubed peeled () (1 lb)
- ☐ 0.5 cup juice of lime fresh
- ☐ 1 teaspoon salt
- ☐ 4 cups watermelon cubed seeded () (from a 3-lb piece, rind discarded)

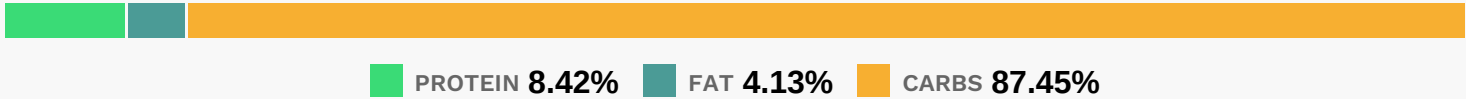
Equipment

☐ bowl

Directions

- ☐ Toss together all ingredients in a serving bowl.
- ☐ Serve immediately.
- ☐ • Watermelon and vegetables can be cubed and combined 6 hours ahead and chilled, covered.
- ☐ Add lime juice, herbs, and salt just before serving. • Herbs can be chopped and combined 6 hours ahead and chilled, covered.

Nutrition Facts



Properties

Glycemic Index:34.44, Glycemic Load:5.77, Inflammation Score:-6, Nutrition Score:5.8386956971625%

Flavonoids

Eriodictyol: 1.02mg, Eriodictyol: 1.02mg, Eriodictyol: 1.02mg, Eriodictyol: 1.02mg Hesperetin: 2mg, Hesperetin: 2mg, Hesperetin: 2mg, Hesperetin: 2mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 58.92kcal (2.95%), Fat: 0.3g (0.47%), Saturated Fat: 0.04g (0.24%), Carbohydrates: 14.46g (4.82%), Net Carbohydrates: 11.35g (4.13%), Sugar: 8.02g (8.92%), Cholesterol: 0mg (0%), Sodium: 392.54mg (17.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.39g (2.78%), Vitamin C: 25.39mg (30.77%), Vitamin A: 805.08IU (16.1%), Fiber: 3.1g (12.42%), Vitamin K: 9.76µg (9.3%), Potassium: 279.55mg (7.99%), Manganese: 0.14mg (6.89%), Magnesium: 24.59mg (6.15%), Copper: 0.11mg (5.61%), Vitamin B6: 0.1mg (4.95%), Folate: 19.69µg (4.92%), Vitamin B5: 0.43mg (4.26%), Iron: 0.76mg (4.23%), Vitamin B1: 0.06mg (4.21%), Phosphorus: 33.33mg (3.33%), Vitamin B2: 0.05mg (3.22%), Calcium: 28.34mg (2.83%), Vitamin E: 0.33mg (2.22%), Zinc: 0.3mg (1.97%), Vitamin B3: 0.36mg (1.8%), Selenium: 0.78µg (1.12%)