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Jicama Salad ♦

A refreshing and healthy salad made with jicama, a crunchy root vegetable native to Mexico. This salad is perfect for a light lunch or as a side dish for any meal. The jicama is combined with a tangy dressing and a variety of fresh vegetables for a delicious and nutritious dish.

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: N/A

Total Time: 15 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	jicama
200 g	cucumber
150 g	Red Bell Pepper
100 g	red onion
30 g	Cilantro

60 ml	lime juice
30 ml	olive oil
5 g	salt
2 g	black pepper

Directions

Step 1

Cut

Peel and julienne the jicama.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cut

Slice the cucumber, red bell pepper, and red onion into thin strips.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Cut

Chop the cilantro.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Mixing

In a large bowl, combine the jicama, cucumber, red bell pepper, red onion, and cilantro.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Mixing

In a small bowl, whisk together the lime juice, olive oil, salt, and black pepper to make the dressing.

Prep Time: 3 mins

Cook Time: 0 mins

Step 6

Mixing

Pour the dressing over the salad and toss to coat.

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Refrigerating

Refrigerate for at least 30 minutes before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 120 kcal

Fat: 6 g

Protein: 2 g

Carbohydrates: 15 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Protein	2 g	11.76%	11.76%
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Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%
Fibers	5 g	13.16%	20%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	3 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	6 g	21.43%	24%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	45 mg	50%	60%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	4 mg	0.4%	0.4%
Iron	6 mg	75%	33.33%
Potassium	300 mg	8.82%	11.54%
Zinc	1 mg	9.09%	12.5%
Selenium	1 mcg	1.82%	1.82%

Recipe Attributes

Seasonality

Spring Summer

Events

Thanksgiving Barbecue Game Day

Cuisines

Italian

Thai

Mediterranean

Spanish

Middle Eastern

Nutritional Content

Low Calorie

Low Fat

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

Kitchen Tools

Blender

Course

Appetizers

Meal Type

Lunch

Snack

Supper

Difficulty Level

Medium

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