

JICAMA



DIFFERENT USES

- Cut jicama into sticks and use as a raw vegetable.
- Add jicama to a stir fry.
- Make Jicama chips. Peel jicama and thinly slice. Arrange on a plate and squeeze with juice of 1/2 lime. Sprinkle lightly with salt, sugar, and chili powder. Chill for 20 minutes and serve.
- Try roasting or sautéing jicama.
- Add julienned jicama to your coleslaw.

Nutrition Facts

Serving Size 1/2 cup (65g)

Calories 25	% Daily Value
Total Fat 0g	0%
Sodium 0mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 3g	12%

Protein 0g

Health Benefits

- Vitamin C 40%
- Fiber (6g) 24%
- Potassium 5%
- Magnesium 4%
- Iron 4%
- Low in calories
- Fiber aids in digestion
- Vitamin C strengthens the immune system
- Potassium aids in lowering blood pressure

FUN FACT

- Pronounced HEE-KAH-MAH
- A relative of the potato family and can weigh between a few ounces to 6 pounds!
- The root is edible but the above-ground portions are toxic.
- The taste is like a cross between a potato and a pear.
- Native Americans used jicama seeds as fish poison causing the fish to rise to the surface and to be caught much easier.