

Jicama

Jicama is a crispy, sweet, edible tuber that resembles a turnip in physical appearance, although the plants are not related.

It has been cultivated in South America for centuries, and the vegetable is quite popular in Mexican cuisine. Jicama's unique flavor lends itself well to salads, salsas, and vegetable platters. The tubers can sometimes grow to be quite large, although when they exceed the size of two fists, they begin to convert the sugars that give them their sweet flavor into starches, making them somewhat woody to the taste.

Health benefits of Jicama

- Jicama is one of the very low calorie root vegetables; carrying only 35 calories per 100 g.
- It is one of the finest sources of dietary fiber.
- Rich in vitamin C.
- It also contains small levels of some of valuable B-complex group of vitamins such as folates, riboflavin, pyridoxine, pantothenic acid and thiamin.
- The root provides healthy amounts of some of important minerals like magnesium, copper, iron and manganese.

