

SPICY JICAMA STICKS

INGREDIENTS



1 JICAMA, PEELED &
CUT INTO 1/2-INCH STICKS



1 LIME,
JUICED



1 TEASPOON
CHILI POWDER

MAKES 4 SERVINGS

INSTRUCTIONS

1. Peel and wash the jicama before cutting into 1/2-inch sticks.
2. In a medium bowl, squeeze lime juice over jicama sticks.
3. Sprinkle with chili powder and toss to combine.



Nutrition Facts

Servings: 4

Amount per serving

Calories

70

% Daily Value*

Total Fat 0.3g

0%

Saturated Fat 0.1g

0%

Cholesterol 0mg

0%

Sodium 14mg

1%

Total Carbohydrate 16.7g

6%

Dietary Fiber 8.8g

31%

Total Sugars 3.3g

Protein 1.4g

Vitamin D 0mcg

0%

Calcium 27mg

2%

Iron 1mg

7%

Potassium 277mg

6%



Einstein
More than Medicine

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Healthy Food,
Healthy Moves,
Healthy YOU.

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