Jicama

Nutrition Facts	
Serving Size 1/2 cup (65g)	
Servings Per Container	
Amount Per Serving	
Calories 25	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 3g	12%
Sugars 1g	
Protein 0g	
Vitamin A 0% • Vitamin C 20%	
Calcium 0% • Iron 2%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than		65g	80g
Saturated Fat	Less than		20g	25g
Cholesterol	Less than		300mg	360 mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Fun Facts:

* The heaviest Jicama ever recorded weighed 23 kg. How many pounds is that if one kilogram equals 2.2 lbs?

* 1 Cup of Jicama is only 45 Calories!

* Jicama contains about 90% water!

* Jicama is related to the sweet potato!

* Jicama roots are the only edible part of the plant!

* Jicama does not discolor when cut, and can stay white on a fruit or veggie tray for hours!

Varieties: Jicama is an edible tuberous root that is sold mainly in US supermarkets under it's Mexican name; *Jicama*, however, due to it's popularity in other countries, and their respective US ethnic markets, it is also known as Ahipa (South America), *Lo Bok (Korean)*, Chinese Turnip and *Saa Got.*

Selection: Choose Jicama that has smooth, bruise, cut and blemish-free skin. Jicama should be very firm and feel heavy. Avoid jicama with wet spots or any bluish decay. Flesh should be pure white when cut.

Storage and Handling: **Cut** Jicama is best stored in a plastic bag in the coldest part of your refrigerator, for up to 2 weeks, but whole **un-cut** Jicama should only be stored in a cool, dry place. Not refrigerated!

Nutritional Benefits: Jicama is a good source of Vitamin C as well as Dietary Fiber. It is crispy, crunchy, slightly sweet and very refreshing, making this a great choice for a healthy, low-cal snack!

Easy Ways To Enjoy Jicama

* Enjoy Jicama dipped in your favorite dressing or dip!

* Toss batons of jicama with lime juice, chile, cilantro and orange segments for a traditional Yucatan-style Jicama salad! Have with a side of rice and grilled fish for an simple yet spectacular meal!

* If you like stir-fried water chestnuts, you will LOVE Stir-fried cubes of jicama!

* Dice finely and add to your favorite salsa for crunch, or julienne and add to lettuce salads for a crispy snap.