

# Pineapple and Jicama Slices Tossed in Lime Juice

Pineapple is a great source of fiber and immunity-boosting vitamin C. Nutrient information varies with quantity eaten. Enjoy as much as you'd like until you're satisfied!

## About the Recipe

**59 Calories · 0.7g Protein · 2.8g Fiber**

**Snack**

**Gluten-free · Nut-free**

## Ingredients

***Makes 1 Servings***

- 1/4 pineapple
- 1/4 c (78 g) jicama slices
- Juice from half a lime

## Directions

1. Slice pineapple and jicama, if whole. Toss with juice from half a lime in a bowl.  
Enjoy!

## Nutrition Facts

**Calories:** 59

**Fat:** 0.1 g

**Saturated Fat:** 0.01 g

**Calories from Fat:** 2%

**Cholesterol:** 0 mg

**Protein:** 0.7 g

**Carbohydrates:** 15.5 g

**Sugar:** 9 g

**Fiber:** 2.8 g

**Sodium:** 3 mg

**Calcium:** 18 mg

**Iron:** 0.4 mg

**Vitamin C:** 52.6 mg

**Beta-Carotene:** 40 mcg

**Vitamin E:** 0.2 mcg