

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