

Jicamas
Serving Size

1 cup (140g) 37g

Amount Per Serving

Calories 45

	% Daily Value *
Total Fat 0 g	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 0 mg	0%
Total Carbohydrate 11 g	4%
Dietary Fiber 6 g	21%
Total Sugars 2 g	
Includes 0 g Added Sugars	0%
Protein 1 g	
Vitamin D 0 mcg	0%
Calcium 14 mg	2%
Iron 0.72 mg	4%
Potassium 180 mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Allergens:

Ingredients: