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