



JICAMA NUTRITION FACTS



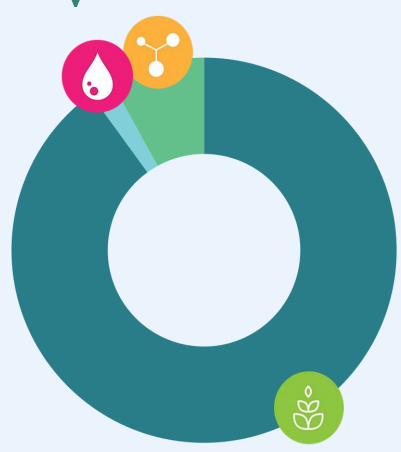
CALORIES 38/100GM

	AMOUNT
CARBOHYDRATE	8.82 G
FAT	0.09 G
PROTEIN	0.72 G
CHOLESTEROL	0.00
FIBER	4.9 G
RIBOFLAVIN	0.029 MG
SODIUM, NA	4 MG
THIAMIN	0.020 MG

	AMOUNT
NIACIN	0.200 MG
VITAMIN A	1.00 MG
VITAMIN B12	0.00
VITAMIN B6	0.042 MG
VITAMIN C	20.2 MG
VITAMIN D	0.00
FOLATE	12 MCG

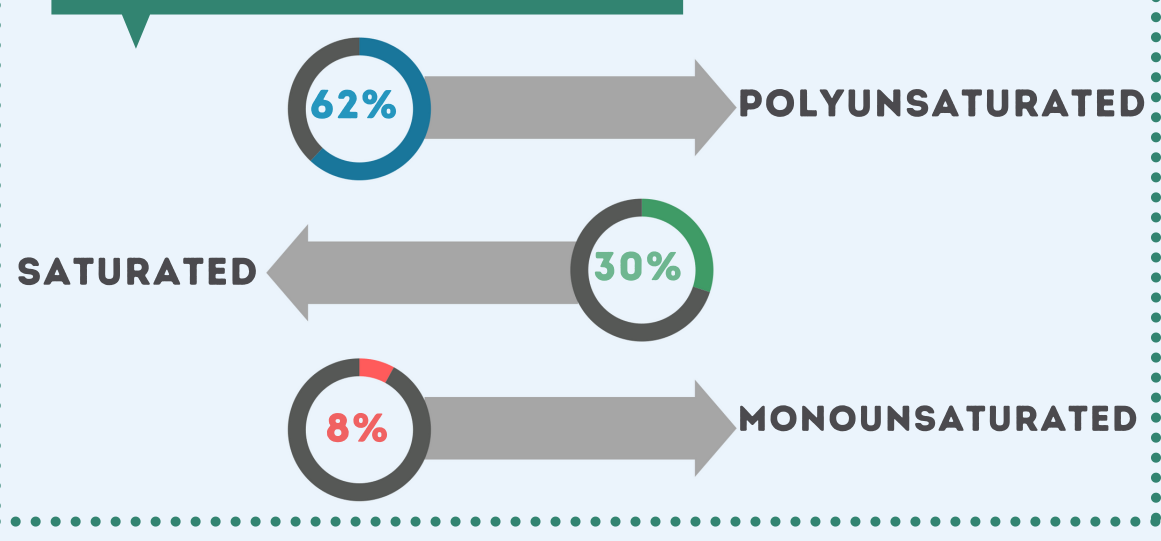


CALORIES BY SOURCE



- CARBOHYDRATE 90%
- FAT 2%
- PROTEIN 8%

FATS AND FATTY ACIDS



JICAMA OTHER NAMES

- PACHYRHIZUS EROSUS
- YAM BEAN
- MEXICAN POTATO
- MEXICAN WATER CHESTNUT
- CHINESE TURNIP

MINERALS IN JICAMA

12 MG	CALCIUM, CA	1 % (DV)
0.048 MG	COPPER, CU	5 % (DV)
0.60 MG	IRON, FE	3 % (DV)
12 MG	MAGNESIUM, MG	3 % (DV)
0.7 MCG	SELENIUM, SE	1 % (DV)
18 MG	PHOSPHORUS, P	3 % (DV)
150 MG	POTASSIUM, K	3 % (DV)
0.16 MG	ZINC, ZN	1 % (DV)

THE DAILY VALUES (DV) ARE REFERENCE AMOUNTS (EXPRESSED IN GRAMS, MILLIGRAMS, OR MICRO-GRAMS) OF NUTRIENTS TO CONSUME OR NOT TO EXCEED EACH DAY.