



Nutrition Facts

Serving Size:

1

cup slices (120ggrams)

Jicama

Amount Per Serving

Calories46

		% Daily Value*
Total Fat	0.1g grams	0% Daily Value
Saturated Fat	0g grams	0% Daily Value
<i>Trans</i> Fat	0g grams	
Polyunsaturated Fat	0.1g grams	
Monounsaturated Fat	0g grams	
Cholesterol	0mg milligrams	0% Daily Value
Sodium	4.8mg milligrams	0% Daily Value
Total Carbohydrates	11g grams	4% Daily Value
Dietary Fiber	5.9g grams	21% Daily Value
Sugars	2.2g grams	
Protein	0.9g grams	
Vitamin D	0mcg micrograms	0% Daily Value
Calcium	14mg milligrams	1% Daily Value
Iron	0.7mg milligrams	4% Daily Value
Potassium	180mg milligrams	4% Daily Value
Caffeine	0mg	

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.