JICAMA

DID YOU KNOW...

Jicama grows underground – it's a root!
The leaves of the jicama plant are poisonous.
This vegetable has been cultivated in South America.
It is very popular in Mexican cuisine.
Typically the size of two fists, but can be up to 50 lbs!
They are very crisp and refreshing with a starchy texture.

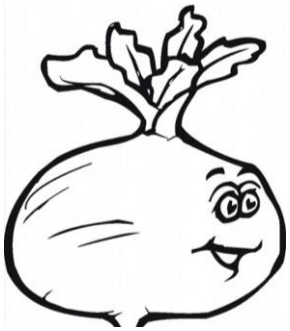


NUTRITION INFORMATION

•Jicama is one of the very low calorie root vegetables; carrying only 35 calories per 100 g.

•It is an excellent source of dietary fiber. Similar to potatoes, jicama contains both soluble and insoluble fiber. A diet rich in soluble fiber may help prevent diabetes and high blood cholesterol.

•Jicama provides approximately 40 percent of the RDA of vitamin C in every cup of raw slices. Vitamin C helps keep the skin and bones healthy and supports immune system functions.



Help! We need to be colored!

Find these words:

Jicama
Nutrients
Root
Starchy
Vegetable

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