

JICAMA STICKS



Can you practice the pronunciation of this word?

Jicama: "hick-uh-ma"

PRODUCE PARTICULARS

Jicama is a sweet and crunchy snack that's great on its own or dipped in hummus. It's also an excellent source of fiber & Vitamin C!



Jicama is native to Central and South America. Spanish traders introduced it to the Philippines and China in the 1800s.



Jicama is also called the Mexican potato, Mexican yam bean, or Chinese potato.



Nutrition Facts

1 serving per container	
Serving size	100 g
Amount per serving	
Calories	40
	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 9g	3%
Dietary Fiber 5g	18%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.6mg	4%
Potassium 150mg	4%
<small>* 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.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

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