

# Jicama, Beet and Carrot Salad

Yield: 8 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/traditional-mexican-salad-recipe-with-beets-and-jicama>

## Ingredients:

- 1 cup jicama grated
- 1 cup carrots grated
- 1 cup beets grated
- 2 tablespoons orange juice freshly squeezed
- 1 tablespoon lime juice freshly squeezed
- 1/4 cup olive oil
- 1/4 teaspoon sea salt celtic

## Nutrition:

1. Calories: 80 calories
2. Carbohydrate: 5 grams
3. Fat: 7 grams
4. Fiber: 2 grams
5. Protein: 1 grams
6. SaturatedFat: 1 grams
7. Sodium: 95 milligrams
8. Sugar: 3 grams

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