



3.3



This unfamiliar vegetable is slightly sweet and a little nutty. Kids love crunching down on it.

Fresh Jicama Sticks

Serving Size 0.5 cups **Carbs: 5.73**

Served on Thu, 05/14/2026

Nutrients

Iron (mg)	0.39
Saturated Fat (gm)	0.00
Fiber (gm)	3.19
Carbohydrate (gm)	5.73
Calories (kcal)	25.00
Cholesterol (mg)	0.00
Sodium (mg)	3.00
Vitamin A (IU)	14.00
Vitamin C (mg)	13.13
Calcium (mg)	7.80
Protein (gm)	0.47



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