



Jicama

Purchasing Specifications

Availability:

Year round

Growing Regions:

Imports

Receiving Information:

- Decay; Internal brown discoloration: Indication of chill injury.
- Mold: Indication of moisture during storage - keep product dry and maintain humidity level.
- Sprouting: Indication of exposure to high temperatures.
- Selection: Choose tubers that are firm and unblemished with a slightly silky sheen.

Storage/Handling:

- Ethylene Producer: No
- Ethylene Sensitive: No
- Water Sprinkle: No
- Storage: Jicama can be stored for up to 2 weeks in a plastic bag in the refrigerator.

- Shape: A tuber shaped like a turnip or beet
- Skin Texture: Fibrous skin (must be peeled away completely)
- Outside Coloring: Light brown/tan colored skin with blotches
- Variety AKA/Synonyms: Mexican turnip, Yam bean
- Taste: Mild sweetness, similar to a water chestnut, but less sweet
- Scientific Name: Pachyrhizus erosus
- Usage: Raw or cooked, can be cut into slices, sticks, cubes or rounds or shredded and fit into a meal from hors d'oeuvres through dessert and makes a fine snack. Because it does not discolor, soften, or lose its crunch, it is well-suited to garnishes or crudites
- Flesh Description: The ivory flesh resembles water chestnut in color and texture; it is crunchy and a bit sweet

Nutrition Facts

Serving Size: 1 cup

Amount Per Serving

Calories 49	Fat Calories
% Daily Value*	
Total Fat 0 g	
Sat Fat 0 g	
Trans Fat	
Cholesterol 0 mg	
Sodium 5 mg	0%
Total Carbohydrates 11 g	9%
Dietary Fiber 6 g	25%
Sugars 2 g	
Protein 1 g	2%
Potassium 195 mg	4%
Vitamin A 0%	Vitamin C 35%
Calcium 2%	Iron 4%

*Percent Daily Values are based on a 2,000-calorie diet.