



Jicama, Sticks

Purchasing Specifications

Availability:

Year round

Pack Size:

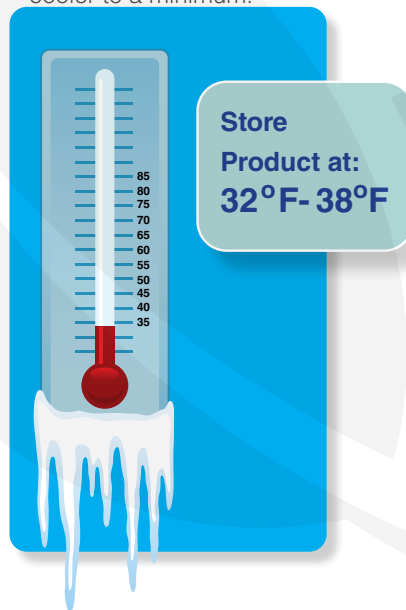
- 4/5 lb
- 1/4" sticks

FreshCut produce general cold-chain management:

- Regardless of the greatness of our quality... if the cold chain is broken, it destroys the integrity of our produce.
- Temperatures below 32°F destroy the cell structure of the produce and cause it to bleed and go limp.
- Temperatures above 40°F cause the shelf life to be shortened drastically.
- Take extra care to maintain accurate temperatures in coolers and keep them well maintained to avoid breakdowns.
- Pay close attention during the season changes.

FreshCut produce general cooler tips:

- The coolest place in the cooler is in the back on the lowest storage shelf (cold air drops).
- Make sure coils are cleaned on regular basis.
- Keep strip curtains in good condition and straight.
- Always keep the cooler door closed.
- Keep trips in and out of the cooler to a minimum.



- 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.