



Atsara (Papaya Relish)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



10

CALORIES



127 kcal

SIDE DISH

Ingredients



1 carrots peeled sliced



2 inch ginger root fresh peeled sliced



2 chile peppers green sliced into thin rings



4 cups papaya fresh green grated



1.5 ounce raisins



1 bell pepper red sliced into long strips



1 teaspoon salt



1 cup water

- ☐ 1 cup sugar white
- ☐ 1 cup vinegar white

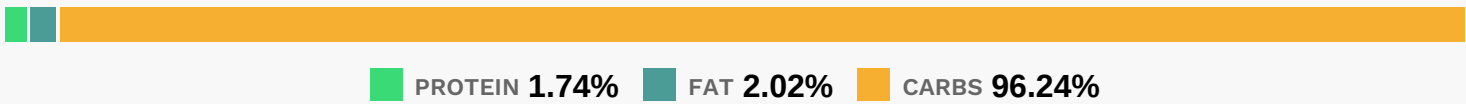
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ cheesecloth

Directions

- ☐ Toss the grated papaya with 1/4 cup salt together in a large bowl; allow to sit for 1 hour.
- ☐ Drain the liquid from the papaya and rinse thoroughly.
- ☐ Place the papaya in the middle of a large piece of cheesecloth and squeeze to drain as much liquid from the papaya as possible.
- ☐ Combine the papaya, carrot, red bell pepper, ginger, green chile peppers, and raisins together in a clean large bowl; mix.
- ☐ Transfer the mixture to clean, dry jars with lids.
- ☐ Stir the vinegar, water, sugar and 1 teaspoon salt together in a small saucepan; bring to a boil for 5 minutes.
- ☐ Pour the vinegar mixture into the jars, making sure the vegetables are completely submerged in liquid. Allow the vegetables to marinate in the liquid at least 1 day before using. Store in refrigerator between uses.

Nutrition Facts



Properties

Glycemic Index:33.15, Glycemic Load:19.13, Inflammation Score:-8, Nutrition Score:6.7482609256454%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin:

0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 127.4kcal (6.37%), Fat: 0.29g (0.45%), Saturated Fat: 0.06g (0.4%), Carbohydrates: 31.47g (10.49%), Net Carbohydrates: 29.48g (10.72%), Sugar: 25.46g (28.29%), Cholesterol: 0mg (0%), Sodium: 274.95mg (11.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.57g (1.14%), Vitamin C: 51.08mg (61.91%), Vitamin A: 1923.66IU (38.47%), Fiber: 1.99g (7.95%), Folate: 27.63µg (6.91%), Potassium: 188.4mg (5.38%), Magnesium: 16.3mg (4.07%), Vitamin B6: 0.07mg (3.73%), Manganese: 0.07mg (3.72%), Vitamin K: 2.85µg (2.71%), Vitamin E: 0.4mg (2.67%), Copper: 0.05mg (2.64%), Vitamin B2: 0.04mg (2.4%), Vitamin B3: 0.43mg (2.17%), Iron: 0.35mg (1.93%), Vitamin B1: 0.03mg (1.9%), Calcium: 18.04mg (1.8%), Vitamin B5: 0.17mg (1.66%), Phosphorus: 15.51mg (1.55%)