



Cabbage and Shrimp Salad (Goi Tom)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



222 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 tablespoons asian fish sauce (nuoc mam or nam pla)
- ☐ 3 cups bean sprouts rinsed
- ☐ 6 cups cabbage shredded finely (10 oz.; see notes)
- ☐ 0.5 cup carrots shredded finely
- ☐ 0.8 cup mint leaves fresh (see notes)
- ☐ 1 clove garlic minced peeled
- ☐ 0.3 cup juice of lime
- ☐ 0.5 teaspoons chili fresh green red such as thai, serrano, jalapeño, or fresno hot minced

- ☐ 0.5 cup roasted salted chopped
- ☐ 0.5 cup fried shallots
- ☐ 2 tablespoons sugar

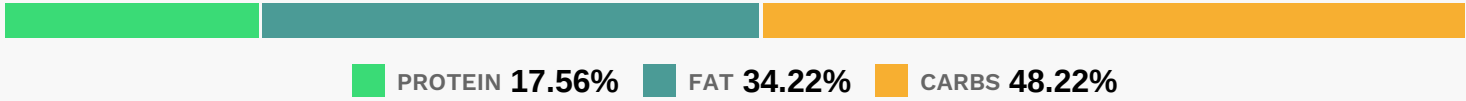
Equipment

- ☐ bowl

Directions

- ☐ Rinse and drain shrimp; pat dry.
- ☐ Cut each in half lengthwise.
- ☐ In a large bowl, mix lime juice, fish sauce, sugar, 1/2 teaspoon chili, and garlic.
- ☐ Add shrimp, cabbage, bean sprouts, rau ram, carrots, shallots, and 1/4 cup peanuts; mix. Taste, and add more chili if desired.
- ☐ Pour the salad onto a platter and sprinkle the remaining 1/4 cup peanuts over the top.

Nutrition Facts



Properties

Glycemic Index:55.23, Glycemic Load:7.5, Inflammation Score:-10, Nutrition Score:24.203478424445%

Flavonoids

Eriodictyol: 2.94mg, Eriodictyol: 2.94mg, Eriodictyol: 2.94mg, Eriodictyol: 2.94mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Luteolin: 1.19mg, Luteolin: 1.19mg, Luteolin: 1.19mg, Luteolin: 1.19mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 222.14kcal (11.11%), Fat: 9.38g (14.43%), Saturated Fat: 1.48g (9.27%), Carbohydrates: 29.74g (9.91%), Net Carbohydrates: 21.9g (7.96%), Sugar: 16.45g (18.28%), Cholesterol: 0mg (0%), Sodium: 1184.21mg (51.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.83g (21.65%), Vitamin K: 107.99µg (102.85%), Vitamin C: 59.71mg (72.37%), Vitamin A: 3161.1IU (63.22%), Manganese: 1mg (49.99%), Folate: 146.86µg (36.71%), Fiber: 7.84g (31.36%),

Magnesium: 99.54mg (24.89%), Vitamin B6: 0.45mg (22.45%), Vitamin B3: 4.25mg (21.27%), Potassium: 694.03mg (19.83%), Phosphorus: 173.76mg (17.38%), Copper: 0.34mg (17.15%), Vitamin B1: 0.23mg (15.3%), Iron: 2.59mg (14.36%), Vitamin B2: 0.2mg (11.99%), Calcium: 116.46mg (11.65%), Vitamin B5: 0.97mg (9.7%), Zinc: 1.17mg (7.82%), Selenium: 3.91µg (5.58%), Vitamin E: 0.39mg (2.58%), Vitamin B12: 0.06µg (1.08%)