



Green Papaya and Carrot Slaw



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



54 kcal

SIDE DISH

Ingredients

- ☐ 4 servings asian fish sauce (nuoc mam or nam pla)
- ☐ 1 cup carrots shredded
- ☐ 1 tablespoon slivers ginger fresh thin
- ☐ 0.3 cup green onions thinly sliced
- ☐ 2 cups papayas shredded green peeled seeded ()
- ☐ 0.3 cup rice vinegar
- ☐ 1 teaspoon sugar

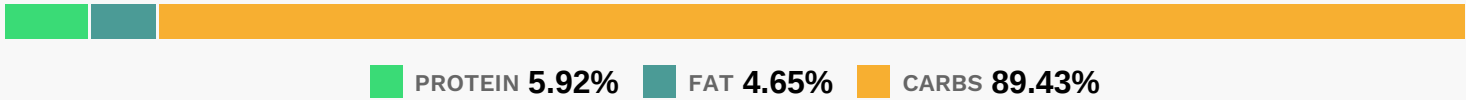
Equipment

☐ bowl

Directions

- ☐ In a large bowl, mix vinegar, ginger, and sugar.
- ☐ Add papayas, carrots, and onions; mix to blend.
- ☐ Add fish sauce to taste.

Nutrition Facts



Properties

Glycemic Index:68.17, Glycemic Load:5.6, Inflammation Score:-10, Nutrition Score:10.440434796007%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 53.69kcal (2.68%), Fat: 0.29g (0.44%), Saturated Fat: 0.07g (0.45%), Carbohydrates: 12.43g (4.14%), Net Carbohydrates: 10.15g (3.69%), Sugar: 8.21g (9.12%), Cholesterol: 0mg (0%), Sodium: 107.74mg (4.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.82g (1.65%), Vitamin A: 6073.35IU (121.47%), Vitamin C: 45.79mg (55.5%), Vitamin K: 18.98µg (18.08%), Folate: 36.68µg (9.17%), Fiber: 2.28g (9.13%), Potassium: 257.53mg (7.36%), Magnesium: 22.45mg (5.61%), Manganese: 0.1mg (4.95%), Vitamin B6: 0.08mg (4.07%), Vitamin B3: 0.63mg (3.17%), Vitamin E: 0.46mg (3.07%), Calcium: 30.74mg (3.07%), Copper: 0.06mg (2.83%), Vitamin B1: 0.04mg (2.75%), Vitamin B2: 0.04mg (2.58%), Vitamin B5: 0.23mg (2.3%), Phosphorus: 21.82mg (2.18%), Iron: 0.39mg (2.15%), Zinc: 0.17mg (1.11%)