



Green Papaya and Mango Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



66 kcal

SIDE DISH

Ingredients

- ☐ 1 cup bean sprouts
- ☐ 2 cups cherry tomatoes halved
- ☐ 1 tablespoon fish sauce
- ☐ 2 tablespoons green onions chopped
- ☐ 0.5 pound papaya shredded green
- ☐ 2 teaspoons honey
- ☐ 1 small jalapeno chopped
- ☐ 3 tablespoons juice of lime fresh

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1.5 cups mangos ripe cubed peeled 1

Equipment

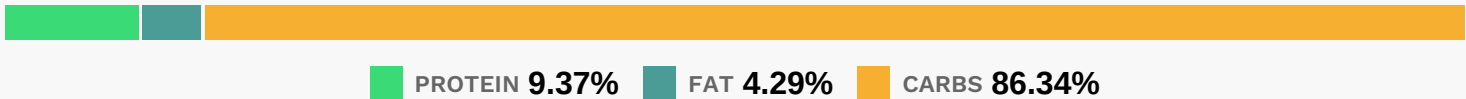
☐

bowl

Directions

- ☐
- Combine first 5 ingredients in a large bowl.
- ☐
- Combine juice, fish sauce, honey, and jalapeo in a small bowl; pour juice mixture over papaya mixture. Toss gently to combine. Cover and let stand 30 minutes.
- ☐
- Garnish with cilantro and mint, if desired.

Nutrition Facts



Properties

Glycemic Index:37.8, Glycemic Load:5.94, Inflammation Score:0, Nutrition Score:8.5999999350828%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg 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: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 66.48kcal (3.32%), Fat: 0.36g (0.55%), Saturated Fat: 0.09g (0.55%), Carbohydrates: 16.25g (5.42%), Net Carbohydrates: 14.14g (5.14%), Sugar: 12.85g (14.28%), Cholesterol: 0mg (0%), Sodium: 246.07mg (10.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.76g (3.53%), Vitamin C: 57.07mg (69.17%), Vitamin A: 1101.13IU (22.02%), Vitamin K: 14.44µg (13.75%), Folate: 52.99µg (13.25%), Potassium: 302.13mg (8.63%), Fiber: 2.11g (8.46%), Vitamin B6: 0.14mg (7.21%), Manganese: 0.14mg (7.08%), Copper: 0.14mg (6.78%), Magnesium: 26.82mg (6.7%), Vitamin E: 0.89mg (5.94%), Vitamin B3: 0.93mg (4.64%), Iron: 0.73mg (4.06%), Vitamin B2: 0.07mg (3.84%), Vitamin B1: 0.06mg (3.8%), Phosphorus: 35.52mg (3.55%), Vitamin B5: 0.31mg (3.07%), Calcium: 24.01mg (2.4%),

Selenium: 1.15µg (1.64%), Zinc: 0.24mg (1.57%)