



Green Papaya Salad

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



66 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 teaspoon brown sugar
- 2 tablespoons dry-roasted peanuts unsalted finely chopped
- 2 tablespoons fish sauce
- 3 cloves garlic peeled
- 6 green beans cut into 1 inch pieces
- 3 chile peppers fresh green
- 2 tablespoons juice of lime
- 1 large unripe papaya peeled cut into thin strips

1 tomatoes halved seeded

Equipment

food processor

bowl

blender

Directions

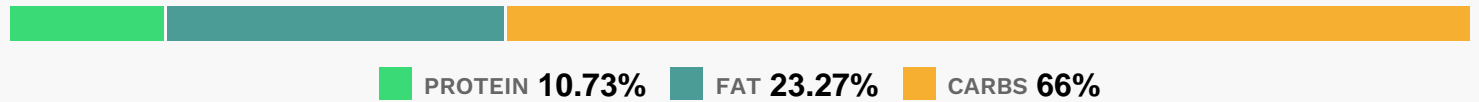
In a blender or food processor, coarsely chop the garlic, chile peppers, and green beans.

Mix in the papaya, and process into small chunks.

Mix in the tomato, fish sauce, lime juice, and sugar. Process the mixture until soft and slightly chunky.

Transfer to a medium bowl. Stir in the peanuts. Cover, and refrigerate until serving.

Nutrition Facts



Properties

Glycemic Index:28.79, Glycemic Load:3.84, Inflammation Score:-7, Nutrition Score:6.8234782983427%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 66.12kcal (3.31%), Fat: 1.86g (2.87%), Saturated Fat: 0.31g (1.96%), Carbohydrates: 11.89g (3.96%), Net Carbohydrates: 9.33g (3.39%), Sugar: 7.38g (8.21%), Cholesterol: 0mg (0%), Sodium: 567.32mg (24.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.93g (3.87%), Vitamin C: 46.75mg (56.66%), Vitamin A: 813.74IU (16.27%), Fiber: 2.56g (10.25%), Folate: 36.13µg (9.03%), Manganese: 0.18mg (8.97%), Magnesium: 33.87mg (8.47%), Potassium: 231.35mg (6.61%), Vitamin K: 5.69µg (5.42%), Vitamin B3: 1.04mg (5.21%), Vitamin B6: 0.1mg (5.06%), Copper: 0.08mg (3.78%), Phosphorus: 29.68mg (2.97%), Vitamin B1: 0.04mg (2.81%), Calcium: 26.63mg (2.66%),

Iron: 0.43mg (2.38%), Vitamin E: 0.34mg (2.24%), Vitamin B5: 0.22mg (2.21%), Vitamin B2: 0.04mg (2.08%),
Selenium: 1.43µg (2.05%), Zinc: 0.2mg (1.33%)