



## Green Papaya Salad

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



119 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 tablespoons fish sauce
- 4 tablespoons brown sugar
- 1 tablespoon fish sauce dried
- 4 garlic clove
- 1 pound papaya green grated
- 0.3 cup juice of lime fresh
- 6 thai chile

### Equipment

whisk

## Directions

Crush the dried shrimp with the chiles and garlic cloves, then whisk in the lime juice, fish sauce and the sugar. Toss the dressing with the papaya and serve.

## Nutrition Facts

 **PROTEIN 12.88%**  **FAT 3.33%**  **CARBS 83.79%**

## Properties

Glycemic Index:22.19, Glycemic Load:6.34, Inflammation Score:-8, Nutrition Score:9.4104347902796%

## Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

## Nutrients (% of daily need)

Calories: 119.39kcal (5.97%), Fat: 0.48g (0.74%), Saturated Fat: 0.1g (0.61%), Carbohydrates: 27.04g (9.01%), Net Carbohydrates: 24.92g (9.06%), Sugar: 21.35g (23.72%), Cholesterol: 42.14mg (14.05%), Sodium: 850.18mg (36.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.16g (8.31%), Vitamin C: 85.49mg (103.62%), Vitamin A: 1139.25IU (22.78%), Folate: 49.3µg (12.33%), Magnesium: 43.73mg (10.93%), Fiber: 2.12g (8.48%), Potassium: 293.29mg (8.38%), Vitamin B6: 0.14mg (6.96%), Manganese: 0.14mg (6.88%), Calcium: 59.65mg (5.97%), Iron: 0.82mg (4.58%), Copper: 0.08mg (4.1%), Vitamin B3: 0.71mg (3.56%), Vitamin K: 3.73µg (3.56%), Selenium: 2.11µg (3.01%), Vitamin B5: 0.28mg (2.82%), Vitamin B1: 0.04mg (2.73%), Vitamin E: 0.41mg (2.71%), Vitamin B2: 0.05mg (2.67%), Phosphorus: 21.23mg (2.12%), Zinc: 0.17mg (1.15%)