



WHATSheATE



Green Papaya Salad



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



2

CALORIES



347 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 servings pepper flakes to taste
- ☐ 7 grams cilantro leaves (- 1 plant)
- ☐ 15 grams fish sauce dried
- ☐ 3 tablespoons fish sauce
- ☐ 1 clove garlic
- ☐ 80 grams green beans trimmed cut into 1 1/2-inch pieces
- ☐ 500 grams papaya green (- 1 small papaya)
- ☐ 0.3 cup juice of lime ()

- ☐ 1 tablespoon coconut sugar
- ☐ 50 grams peanuts crushed
- ☐ 150 grams tomatoes cut into bite-size pieces (- 2 small tomatoes)

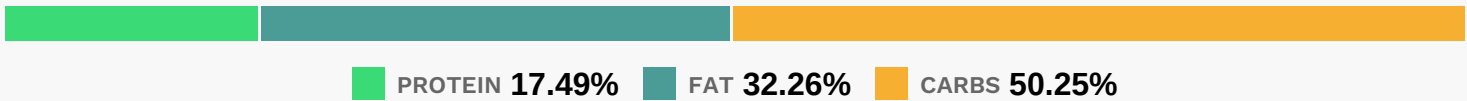
Equipment

- ☐ food processor
- ☐ bowl
- ☐ whisk
- ☐ blender
- ☐ mandoline

Directions

- ☐ Put the fish sauce, lime juice, chiles, garlic and palm sugar in a blender or small food processor. Puree the mixture. You can also mince the chiles and grate the garlic and whisk the dressing together. Peel the papaya and slice it in half. Use a spoon to scoop out the white seeds and pith from the center.Shred the papaya using a mandoline or a papaya shredder into a large bowl.Pound the green beans and dried shrimp with a mallet to tenderize.
- ☐ Add the green beans, dried shrimp, tomatoes, peanuts, and cilantro.
- ☐ Pour the dressing on top and toss to coat.

Nutrition Facts



Properties

Glycemic Index:159, Glycemic Load:18.56, Inflammation Score:-10, Nutrition Score:27.356956616692%

Flavonoids

Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg Hesperetin: 3.62mg, Hesperetin: 3.62mg, Hesperetin: 3.62mg, Hesperetin: 3.62mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 3.61mg, Quercetin: 3.61mg, Quercetin: 3.61mg, Quercetin: 3.61mg

Nutrients (% of daily need)

Calories: 346.85kcal (17.34%), Fat: 13.69g (21.06%), Saturated Fat: 2.16g (13.53%), Carbohydrates: 47.98g (15.99%), Net Carbohydrates: 38.94g (14.16%), Sugar: 29.14g (32.38%), Cholesterol: 85.5mg (28.5%), Sodium: 2430.97mg (105.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.7g (33.39%), Vitamin C: 195.42mg (236.88%), Vitamin A: 3630.67IU (72.61%), Manganese: 1.06mg (53.04%), Folate: 199.27µg (49.82%), Magnesium: 171.81mg (42.95%), Vitamin K: 42.14µg (40.14%), Fiber: 9.05g (36.18%), Vitamin B3: 6.47mg (32.34%), Potassium: 1084.55mg (30.99%), Vitamin B6: 0.5mg (24.75%), Copper: 0.46mg (22.95%), Vitamin B1: 0.31mg (20.84%), Iron: 3.19mg (17.75%), Phosphorus: 171.01mg (17.1%), Calcium: 152.52mg (15.25%), Vitamin B5: 1.21mg (12.07%), Vitamin B2: 0.19mg (11.44%), Vitamin E: 1.57mg (10.44%), Selenium: 6.33µg (9.05%), Zinc: 1.1mg (7.34%), Vitamin B12: 0.13µg (2.16%)