



Green Papaya Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



119 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons asian fish sauce
- ☐ 4 tablespoons brown sugar
- ☐ 1 tablespoon shrimp dried
- ☐ 4 garlic cloves
- ☐ 1 pound papaya green grated
- ☐ 0.3 cup juice of lime fresh
- ☐ 6 thai chiles

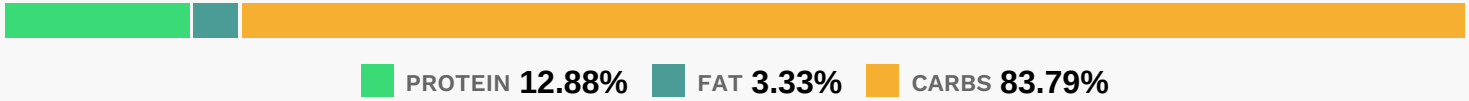
Equipment

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



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: Og (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 K: 3.73µg (3.56%), Vitamin B3: 0.71mg (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%)