



Green Papaya Salad



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



143 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.5 tablespoons asian fish sauce
- ☐ 2 ounce beef jerky asian-style cut into fine julienne
- ☐ 1 small to 3 asian chiles such as bird fresh minced (1-inch)
- ☐ 1 tablespoon galangal fresh minced peeled
- ☐ 2 large garlic cloves minced
- ☐ 1 pound papaya green
- ☐ 1 leaf accompaniment: lettuce soft
- ☐ 4.5 tablespoons juice of lime fresh

- ☐ 1.5 tablespoons sugar
- ☐ 1 large tomatoes chopped

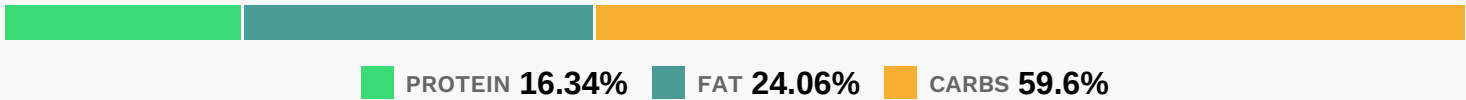
Equipment

- ☐ bowl

Directions

- ☐ Peel and seed papaya.
- ☐ Cut into large pieces and then julienne.
- ☐ Combine with tomato, jerky, garlic, chiles, and galangal in a large bowl. Stir together lime juice, fish sauce, and sugar in a small bowl until sugar is dissolved and toss with papaya mixture.
- ☐ Mound salad on a platter and serve with lettuce leaves for wrapping.

Nutrition Facts



Properties

Glycemic Index:60.96, Glycemic Load:9.86, Inflammation Score:-8, Nutrition Score:11.943478284971%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.51mg, Hesperetin: 1.51mg, Hesperetin: 1.51mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 143.19kcal (7.16%), Fat: 4.07g (6.26%), Saturated Fat: 1.64g (10.27%), Carbohydrates: 22.66g (7.55%), Net Carbohydrates: 19.76g (7.19%), Sugar: 16.48g (18.32%), Cholesterol: 6.8mg (2.27%), Sodium: 794.65mg (34.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.21g (12.42%), Vitamin C: 82.82mg (100.39%), Vitamin A: 1484.56IU (29.69%), Folate: 73.9µg (18.47%), Potassium: 456.76mg (13.05%), Magnesium: 50.67mg (12.67%), Fiber: 2.9g (11.59%), Zinc: 1.37mg (9.16%), Phosphorus: 86.42mg (8.64%), Manganese: 0.17mg (8.26%), Vitamin B6: 0.16mg (8.12%), Vitamin K: 7.59µg (7.23%), Iron: 1.3mg (7.21%), Copper: 0.13mg (6.43%), Vitamin B3: 1.13mg (5.67%), Vitamin B1: 0.07mg (4.98%), Vitamin E: 0.71mg (4.71%), Selenium: 3.09µg (4.41%), Vitamin B2: 0.07mg (4.12%), Calcium:

38.86mg (3.89%), Vitamin B5: 0.32mg (3.24%), Vitamin B12: 0.17µg (2.88%)