



Green Papaya Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



18 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

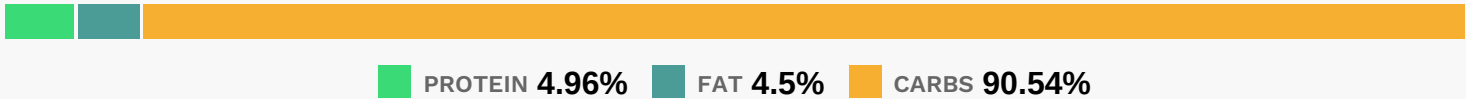
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 teaspoons garlic minced
- ☐ 0.5 teaspoon jalapeno minced
- ☐ 0.3 cup juice of lime fresh
- ☐ 2 cups under-ripe papaya shredded
- ☐ 0.3 teaspoon salt

Equipment

Directions

- ☐ Combine all ingredients, tossing gently; cover and chill.
- ☐ Drain well before serving.
- ☐ *Select a dark-green papaya that is firm to the touch.

Nutrition Facts



Properties

Glycemic Index:19.09, Glycemic Load:1.95, Inflammation Score:-4, Nutrition Score:2.6521738884242%

Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 18.26kcal (0.91%), Fat: 0.1g (0.16%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 4.7g (1.57%), Net Carbohydrates: 4.04g (1.47%), Sugar: 2.89g (3.21%), Cholesterol: 0mg (0%), Sodium: 75.99mg (3.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.26g (0.51%), Vitamin C: 24.32mg (29.48%), Vitamin A: 373.46IU (7.47%), Folate: 14.12µg (3.53%), Fiber: 0.66g (2.66%), Vitamin K: 2.58µg (2.45%), Potassium: 78.95mg (2.26%), Magnesium: 8.32mg (2.08%), Manganese: 0.03mg (1.53%), Vitamin B6: 0.03mg (1.38%), Copper: 0.02mg (1.07%)