



Green Papaya Salad in Lettuce Wraps

 Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



90 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup bean sprouts
- 6 servings boston lettuce leaves for serving
- 1 tablespoon chili sauce red such as srirachi hot chili sauce
- 1 medium cucumber julienned peeled seeded
- 0.3 cup fish sauce such as nam pla or nuoc nam
- 6 servings cilantro leaves fresh for garnish
- 2 teaspoons ginger fresh minced
- 1 large papaya green julienned peeled

- 1 juice of lime juiced
- 6 servings kosher salt
- 0.5 cup vegetable oil; peanut oil preferred
- 1 small chile red sliced thin
- 1 onion red sliced thin
- 1 tablespoon rice vinegar
- 1 teaspoon soya sauce
- 1 teaspoon sugar

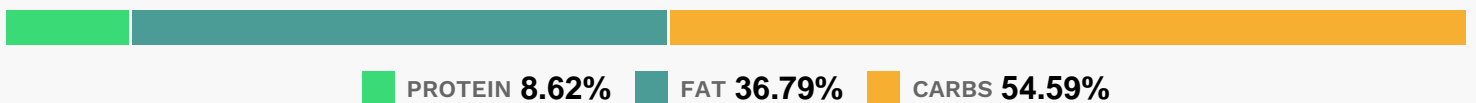
Equipment

- bowl

Directions

- Watch how to make this recipe.
- For the dressing: In a small bowl add all ingredients and mix well. Set aside for about 1/2 hour to allow the flavors to develop. Taste and adjust seasoning before serving.
- Combine papaya, bean sprouts, cucumber, onion, and red chile in a large bowl.
- Pour over the dressing and mix well. Mound onto a platter, garnish with cilantro leaves, and surround with butter lettuce leaves.

Nutrition Facts



Properties

Glycemic Index:54.64, Glycemic Load:4.57, Inflammation Score:-7, Nutrition Score:8.40652174535%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg

Nutrients (% of daily need)

Calories: 89.88kcal (4.49%), Fat: 3.92g (6.04%), Saturated Fat: 0.69g (4.29%), Carbohydrates: 13.1g (4.37%), Net Carbohydrates: 10.94g (3.98%), Sugar: 8.78g (9.76%), Cholesterol: 0mg (0%), Sodium: 1050.51mg (45.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.07g (4.14%), Vitamin C: 56.11mg (68.01%), Vitamin A: 761.72IU (15.23%), Folate: 50.61µg (12.65%), Vitamin K: 12.42µg (11.83%), Magnesium: 43.01mg (10.75%), Fiber: 2.16g (8.65%), Potassium: 288.4mg (8.24%), Vitamin B6: 0.16mg (8.23%), Manganese: 0.15mg (7.71%), Vitamin E: 0.9mg (6.02%), Copper: 0.11mg (5.53%), Vitamin B2: 0.07mg (4.06%), Vitamin B3: 0.8mg (4.01%), Vitamin B1: 0.06mg (3.96%), Iron: 0.65mg (3.62%), Phosphorus: 35.96mg (3.6%), Vitamin B5: 0.33mg (3.3%), Calcium: 31.24mg (3.12%), Selenium: 1.6µg (2.28%), Zinc: 0.27mg (1.78%)