



Green Papaya Salad with Beef and Liver Jerky

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



3

CALORIES



492 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 3 servings available in the asian foods section of some supermarkets and at asian markets
- 0.3 pound beef jerky
- 2 teaspoons garlic clove finely chopped
- 1 papaya green
- 2 cups soy sauce light
- 1 cup pork livers thinly sliced ()
- 2 tablespoons rice vinegar
- 2 teaspoons sriracha hot

- 3 servings dough
- 2 tablespoons sugar
- 1 cup basil fresh coarsely chopped
- 1 boxes sheets frangelico sweet chinese thin
- 1 sheets frangelico sweet chinese thin

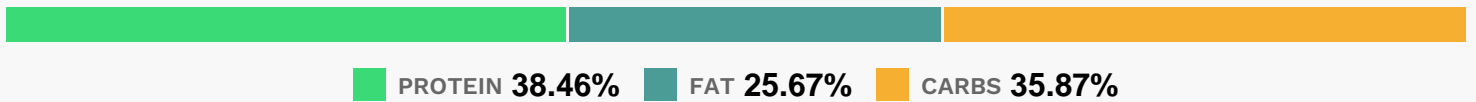
Equipment

- food processor
- bowl
- whisk
- kitchen scissors

Directions

- In medium bowl, whisk together soy sauce, rice wine vinegar, chile sauce, garlic, and sugar until sugar dissolves, about 1 to 2 minutes. Set aside.
- Peel, halve, and seed papaya. Using shredding plate of food processor, shred papaya, then place on large plate.
- Use scissors to cut beef jerky and pork liver jerky, if using, into thin strips then place on top of papaya and sprinkle with Thai basil.
- Serve dressing on side for guests to toss their own salads.

Nutrition Facts



Properties

Glycemic Index:125.61, Glycemic Load:16.06, Inflammation Score:-10, Nutrition Score:54.589564903923%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 492.31kcal (24.62%), Fat: 14.22g (21.87%), Saturated Fat: 5.39g (33.69%), Carbohydrates: 44.69g (14.9%), Net Carbohydrates: 40.47g (14.72%), Sugar: 22.06g (24.51%), Cholesterol: 255.52mg (85.17%), Sodium: 9552.9mg (415.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.92g (95.85%), Vitamin A: 18513.71IU (370.27%), Vitamin B12: 20.88µg (347.98%), Vitamin B2: 2.76mg (162.56%), Iron: 25.29mg (140.47%), Vitamin C: 85.83mg (104.03%), Vitamin B3: 20.07mg (100.36%), Folate: 305.84µg (76.46%), Selenium: 52.29µg (74.7%), Manganese: 1.35mg (67.56%), Vitamin B5: 6.17mg (61.72%), Phosphorus: 615.27mg (61.53%), Zinc: 8.54mg (56.96%), Vitamin B6: 1.01mg (50.38%), Copper: 0.93mg (46.65%), Vitamin K: 37.28µg (35.5%), Vitamin B1: 0.51mg (33.84%), Magnesium: 125.57mg (31.39%), Potassium: 1005.29mg (28.72%), Fiber: 4.22g (16.88%), Calcium: 86.91mg (8.69%), Vitamin E: 0.57mg (3.82%)