



Green Papaya Salad with Prawn and Pork: Goi Du Du Tom Thit

READY IN



26 min.

SERVINGS



4

CALORIES



249 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 5 asian basil leaves fresh finely sliced see Cook's Note
- ☐ 1 chile chopped
- ☐ 1 chile sliced
- ☐ 3 tablespoons fish sauce
- ☐ 5 coriander leaves fresh finely sliced cilantro
- ☐ 0.5 teaspoon fried garlic chips
- ☐ 2 cloves garlic
- ☐ 1 papaya green finely julienned peeled see Cook's Note

- ☐ 2 tablespoons juice of lime fresh
- ☐ 5 mint leaves fresh green finely sliced
- ☐ 5 perilla leaves fresh finely sliced see Cook's Note
- ☐ 7 ounces pork belly cooked thinly sliced
- ☐ 1 tablespoon fried asian shallots red see Cook's Note
- ☐ 1 tablespoon roasted peanuts crushed
- ☐ 2 tablespoons sugar
- ☐ 7 ounces tiger prawns deveined cooked peeled halved lengthwise shrimp
- ☐ 3 tablespoons vinegar white
- ☐ 4 ounces or

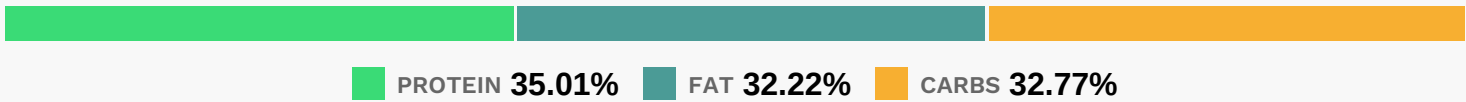
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Combine the fish sauce, vinegar, sugar, and water in a saucepan and place on medium heat. Stir well and cook until just before boiling point is reached, then allow to cool. To serve, finely chop the garlic and chile and stir through with the lime juice.
- ☐ For the salad: In a large bowl combine the green papaya, pork belly, sliced mint, sliced basil, sliced perilla leaves, sliced cilantro, and dipping fish sauce and mix well.
- ☐ Turn the salad out onto a serving platter and arrange the prawns on top of the green
- ☐ papaya salad.
- ☐ Garnish with fried Asian shallots, peanuts, garlic chips, and sliced chile.

Nutrition Facts



Properties

Glycemic Index:116.29, Glycemic Load:9.25, Inflammation Score:-8, Nutrition Score:19.950435026832%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

Nutrients (% of daily need)

Calories: 249.25kcal (12.46%), Fat: 8.95g (13.77%), Saturated Fat: 2.74g (17.14%), Carbohydrates: 20.49g (6.83%), Net Carbohydrates: 18.31g (6.66%), Sugar: 13.84g (15.38%), Cholesterol: 107.16mg (35.72%), Sodium: 1420.54mg (61.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.89g (43.78%), Vitamin C: 82.94mg (100.53%), Selenium: 35.57µg (50.81%), Vitamin A: 1327.01IU (26.54%), Phosphorus: 265.28mg (26.53%), Vitamin B1: 0.38mg (25.04%), Vitamin B6: 0.47mg (23.42%), Vitamin B3: 4.37mg (21.84%), Zinc: 2.8mg (18.68%), Magnesium: 73.26mg (18.31%), Vitamin B12: 1.04µg (17.37%), Potassium: 540.32mg (15.44%), Vitamin B2: 0.25mg (14.97%), Folate: 59.72µg (14.93%), Vitamin K: 15.17µg (14.45%), Copper: 0.26mg (13.12%), Manganese: 0.26mg (12.79%), Iron: 1.61mg (8.97%), Fiber: 2.18g (8.71%), Vitamin E: 1.25mg (8.31%), Vitamin B5: 0.76mg (7.59%), Calcium: 74.02mg (7.4%), Vitamin D: 0.55µg (3.64%)