



HEALTH SCORE

52%

My Green Papaya Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



340 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons brown sugar to taste
- ☐ 0.8 cup long chilies fresh red such as anaheim or hungarian wax julienned
- ☐ 1 tablespoon cilantro root fresh rinsed (4 roots)
- ☐ 2 cups cucumber julienned peeled
- ☐ 1 tablespoon fish sauce to taste
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 0.5 teaspoon garlic minced
- ☐ 1 cup mangos green julienned peeled (unripe)

- ☐ 2 cups papaya green julienned peeled (unripe)
- ☐ 3 juice of lime to taste
- ☐ 2 cups mangos ripe julienned peeled
- ☐ 1 cup vietnamese mint leaves fresh loosely packed (rau ram)
- ☐ 0.8 cup thick pineapple batons (size of a lady's pinkie)
- ☐ 0.8 cup lightly roasted peanuts salted crushed
- ☐ 0.5 teaspoon shallots minced
- ☐ 1 cup thai basil leaves fresh loosely packed
- ☐ 1 thai bird chili fresh to taste
- ☐ 4 long beans chinese trimmed

Equipment

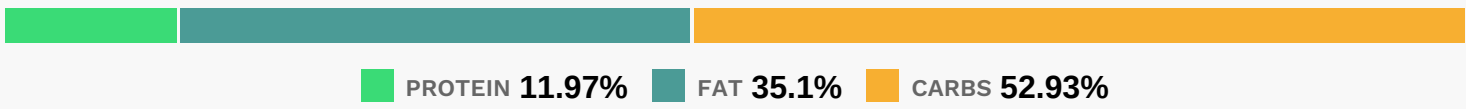
- ☐ bowl
- ☐ frying pan
- ☐ plastic wrap
- ☐ grill
- ☐ mortar and pestle
- ☐ grill pan

Directions

- ☐ MAKE THE DRESSING
- ☐ Use a mortar and pestle to pound all the dressing ingredients until smooth, pounding each ingredient thoroughly before adding the next. taste and add more fish sauce, lime juice, chili, and/or palm sugar if you want. The flavor's up to you.
- ☐ MAKE THE SALAD
- ☐ Heat a grill pan, cast-iron skillet, or grill until very hot.
- ☐ Cut the long beans into a manageable size for your pan, if necessary, then char the beans well on all sides, about 4 minutes total.
- ☐ Transfer them to a bowl, cover it tightly with plastic wrap, and let them steam for about 10 minutes.

- ☐
- Cut the beans into 1/2-inch pieces and return them to the bowl.
- ☐
- Tear the basil and mint leaves. Toss together the long beans with the papaya, cucumber, mango, pineapple, long red chilies, herbs, and the dressing. If you have a large enough mortar or want to work in batches and take the time to make the salad even better, pound the ingredients with the dressing just to bruise them and further infuse the ingredients with the flavor of the dressing. transfer the dressed salad to a serving bowl and sprinkle with the crushed peanuts.
- ☐
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Nutrition Facts



Properties

Glycemic Index:114.48, Glycemic Load:15.65, Inflammation Score:-10, Nutrition Score:25.525217320608%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 2.13mg, Catechin: 2.13mg, Catechin: 2.13mg, Catechin: 2.13mg Eriodictyol: 3.97mg, Eriodictyol: 3.97mg, Eriodictyol: 3.97mg Eriodictyol: 3.97mg Hesperetin: 3.16mg, Hesperetin: 3.16mg, Hesperetin: 3.16mg, Hesperetin: 3.16mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.64mg, Apigenin: 0.64mg, Apigenin: 0.64mg, Apigenin: 0.64mg Luteolin: 1.5mg, Luteolin: 1.5mg, Luteolin: 1.5mg, Luteolin: 1.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 339.74kcal (16.99%), Fat: 14.53g (22.35%), Saturated Fat: 2.3g (14.37%), Carbohydrates: 49.28g (16.43%), Net Carbohydrates: 41.2g (14.98%), Sugar: 34.36g (38.18%), Cholesterol: 0mg (0%), Sodium: 489.11mg (21.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.14g (22.29%), Vitamin C: 158.7mg (192.36%), Manganese: 1.37mg (68.67%), Vitamin A: 3168.02IU (63.36%), Vitamin K: 41.42µg (39.45%), Folate: 157.61µg (39.4%), Fiber: 8.08g (32.31%), Vitamin B3: 6.11mg (30.56%), Magnesium: 115.83mg (28.96%), Copper: 0.55mg (27.3%), Vitamin B6: 0.52mg (25.91%), Potassium: 906.5mg (25.9%), Phosphorus: 176.38mg (17.64%), Vitamin B1: 0.22mg (14.89%), Iron: 2.42mg (13.43%), Calcium: 122.03mg (12.2%), Vitamin B5: 1.14mg (11.4%), Vitamin E: 1.65mg (11.03%), Vitamin B2: 0.18mg (10.78%), Zinc: 1.16mg (7.72%), Selenium: 4.06µg (5.81%)