

Papaya-Carrot Slaw



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



30 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup bell pepper strips red
- ☐ 0.5 cup carrots shredded
- ☐ 1 tablespoon ginger fresh grated peeled
- ☐ 1 cup papaya shredded green peeled
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 teaspoon lime rind grated
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt

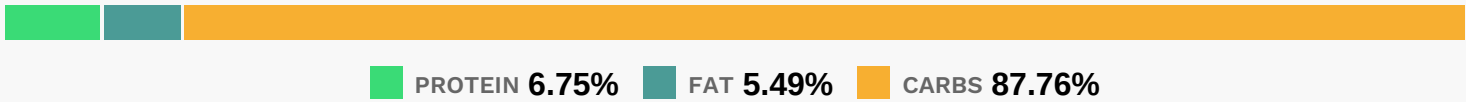
Equipment

☐ bowl

Directions

☐ Combine all ingredients in a medium bowl. Stir well; cover and refrigerate.

Nutrition Facts



Properties

Glycemic Index:54.15, Glycemic Load:2.68, Inflammation Score:-9, Nutrition Score:7.9926087752632%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.89mg, Hesperetin: 0.89mg, Hesperetin: 0.89mg, Hesperetin: 0.89mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 30.19kcal (1.51%), Fat: 0.21g (0.32%), Saturated Fat: 0.05g (0.32%), Carbohydrates: 7.51g (2.5%), Net Carbohydrates: 5.97g (2.17%), Sugar: 4.44g (4.94%), Cholesterol: 0mg (0%), Sodium: 160.34mg (6.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.58g (1.16%), Vitamin A: 3593.29IU (71.87%), Vitamin C: 48.58mg (58.89%), Folate: 25.56µg (6.39%), Fiber: 1.54g (6.18%), Potassium: 172.44mg (4.93%), Vitamin B6: 0.1mg (4.79%), Vitamin K: 4.19µg (3.99%), Manganese: 0.08mg (3.97%), Vitamin E: 0.53mg (3.52%), Magnesium: 13.1mg (3.28%), Vitamin B3: 0.49mg (2.45%), Vitamin B2: 0.04mg (2.15%), Vitamin B1: 0.03mg (2.08%), Vitamin B5: 0.19mg (1.85%), Copper: 0.03mg (1.71%), Phosphorus: 15.88mg (1.59%), Calcium: 15.72mg (1.57%), Iron: 0.25mg (1.38%)