



Papaya-Spinach Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



89 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons juice of lime
- ☐ 2 tablespoons honey
- ☐ 2 teaspoons vegetable oil
- ☐ 0.5 teaspoon ground ginger grated
- ☐ 5 cups pkt spinach fresh
- ☐ 0.5 cup jicama
- ☐ 0.5 cup radishes sliced
- ☐ 1 medium papaya peeled seeded

☐ 2 tablespoons sunflower seeds

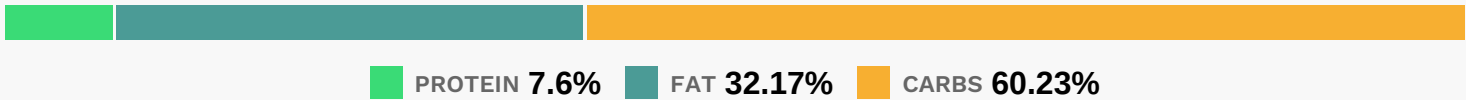
Equipment

☐ bowl

Directions

- ☐ In tightly covered container, shake all dressing ingredients.
- ☐ In large bowl, toss dressing and remaining ingredients except nuts.
- ☐ Sprinkle with nuts.

Nutrition Facts



Properties

Glycemic Index:35, Glycemic Load:6.03, Inflammation Score:-9, Nutrition Score:14.845652181169%

Flavonoids

Pelargonidin: 6.1mg, Pelargonidin: 6.1mg, Pelargonidin: 6.1mg, Pelargonidin: 6.1mg 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: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 1.68mg, Kaempferol: 1.68mg, Kaempferol: 1.68mg, Kaempferol: 1.68mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 89.01kcal (4.45%), Fat: 3.47g (5.35%), Saturated Fat: 0.44g (2.78%), Carbohydrates: 14.64g (4.88%), Net Carbohydrates: 12.2g (4.44%), Sugar: 10.37g (11.52%), Cholesterol: 0mg (0%), Sodium: 28.73mg (1.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.85g (3.69%), Vitamin K: 125.02µg (119.06%), Vitamin A: 2832.75IU (56.66%), Vitamin C: 43.08mg (52.22%), Folate: 79.19µg (19.8%), Manganese: 0.38mg (19.23%), Vitamin E: 2.02mg (13.44%), Magnesium: 44.39mg (11.1%), Fiber: 2.44g (9.76%), Potassium: 303.68mg (8.68%), Copper: 0.13mg (6.5%), Vitamin B6: 0.13mg (6.44%), Iron: 1.14mg (6.36%), Vitamin B1: 0.09mg (5.68%), Vitamin B2: 0.08mg (4.9%), Phosphorus: 44.46mg (4.45%), Calcium: 42.51mg (4.25%), Selenium: 2.61µg (3.73%), Vitamin B3: 0.72mg (3.59%), Zinc: 0.41mg (2.73%), Vitamin B5: 0.19mg (1.93%)