



Papaya-Watercress Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



68 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup balsamic vinegar white red
- ☐ 2 tablespoons mint leaves fresh minced
- ☐ 0.5 teaspoon ground coriander
- ☐ 1 tablespoon honey
- ☐ 0.5 cup onion such as maui sweet thinly sliced
- ☐ 3 cups firm-ripe papayas diced peeled seeded () (1 lb. total)
- ☐ 6 servings salt
- ☐ 1 tablespoon papaya seeds

☐ 0.5 lb watercress sprigs rinsed

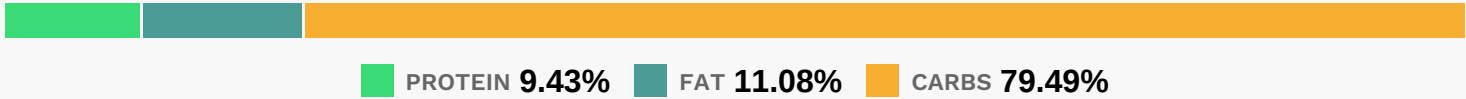
Equipment

☐ bowl

Directions

- ☐ In the center of a wide, shallow bowl, mound papayas, surround with watercress, and arrange onion slices on top.
- ☐ In a small bowl, mix vinegar, honey, poppy seed, mint, and coriander; pour over papaya salad. To serve, mix gently and add salt to taste.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:6.25, Inflammation Score:-9, Nutrition Score:13.041304308435%

Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 8.86mg, Kaempferol: 8.86mg, Kaempferol: 8.86mg, Kaempferol: 8.86mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 13.27mg, Quercetin: 13.27mg, Quercetin: 13.27mg, Quercetin: 13.27mg

Nutrients (% of daily need)

Calories: 68.05kcal (3.4%), Fat: 0.9g (1.38%), Saturated Fat: 0.14g (0.88%), Carbohydrates: 14.51g (4.84%), Net Carbohydrates: 12.51g (4.55%), Sugar: 10.73g (11.92%), Cholesterol: 0mg (0%), Sodium: 219.5mg (9.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.72g (3.44%), Vitamin K: 96.36µg (91.77%), Vitamin C: 60.12mg (72.87%), Vitamin A: 1942.11IU (38.84%), Manganese: 0.27mg (13.55%), Calcium: 92.03mg (9.2%), Folate: 35.57µg (8.89%), Potassium: 304.14mg (8.69%), Magnesium: 32.28mg (8.07%), Fiber: 2g (8.01%), Copper: 0.1mg (5.19%), Phosphorus: 50.39mg (5.04%), Vitamin B6: 0.1mg (4.97%), Vitamin B1: 0.07mg (4.68%), Vitamin B2: 0.07mg (4.39%), Vitamin E: 0.62mg (4.11%), Iron: 0.64mg (3.54%), Vitamin B5: 0.28mg (2.77%), Vitamin B3: 0.39mg (1.96%), Zinc: 0.28mg (1.84%), Selenium: 1.1µg (1.57%)