



Thai Green Mango Salad

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



133 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 servings fish sauce to taste
- 6 servings coconut sugar to taste
- 4 lime
- 2 pepper flakes
- 1 clove garlic mashed
- 2 shallots mashed
- 1 tablespoon shrimp dried washed
- 1 tomatoes cut into wedges

- 1 cup carrots shredded
- 3 cups mangos raw shredded green
- 2 inches long beans cut into 1 pieces
- 4 tablespoons roasted peanuts

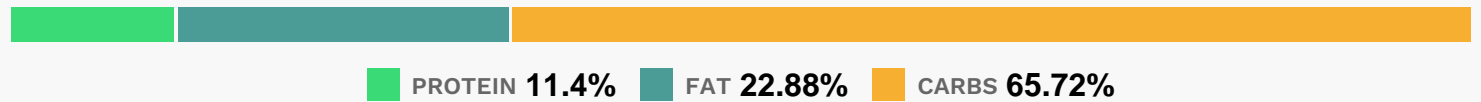
Equipment

- mortar and pestle

Directions

- Pound all the ingredients in a clay mortar using a wooden pestle, then add carrot and mangoes.
- Serve chilled with roasted coarse peanuts.

Nutrition Facts



Properties

Glycemic Index:54.6, Glycemic Load:9.06, Inflammation Score:-10, Nutrition Score:15.040434782609%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg 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: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg Hesperetin: 19.21mg, Hesperetin: 19.21mg, Hesperetin: 19.21mg, Hesperetin: 19.21mg Naringenin: 1.66mg, Naringenin: 1.66mg, Naringenin: 1.66mg, Naringenin: 1.66mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Taste

Sweetness: 100%, Saltiness: 8.86%, Sourness: 46.7%, Bitterness: 35.15%, Savoriness: 2.51%, Fattiness: 35.01%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 132.78kcal (6.64%), Fat: 3.86g (5.93%), Saturated Fat: 0.61g (3.83%), Carbohydrates: 24.93g (8.31%), Net Carbohydrates: 20.42g (7.43%), Sugar: 15.75g (17.5%), Cholesterol: 3.97mg (1.32%), Sodium: 132.19mg (5.75%), Protein: 4.33g (8.65%), Vitamin A: 4800.32IU (96.01%), Vitamin C: 69.64mg (84.41%), Fiber: 4.51g (18.04%), Manganese: 0.33mg (16.6%), Folate: 61.91µg (15.48%), Vitamin B6: 0.3mg (14.77%), Potassium: 442.3mg (12.64%), Copper: 0.23mg (11.25%), Vitamin B3: 2.2mg (11.01%), Vitamin K: 10.34µg (9.85%), Magnesium: 35.26mg (8.81%), Vitamin E: 1.2mg (8%), Phosphorus: 75.84mg (7.58%), Vitamin B1: 0.1mg (6.47%), Iron: 0.96mg (5.33%), Vitamin B5: 0.49mg (4.88%), Calcium: 48.09mg (4.81%), Vitamin B2: 0.08mg (4.64%), Zinc: 0.46mg (3.06%), Selenium: 1.54µg (2.21%)