



Thai-Inspired Confetti Salad

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



176 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup cilantro leaves chopped
- 1 cucumber cut into 1/2 inch cubes
- 2 tablespoons fish sauce
- 1.5 cups green beans fresh cut into 1/2 inch pieces
- 2 cloves garlic minced
- 1 juice of lemon juiced
- 2 juice of lime juiced
- 1.5 cups papaya cubed

- 0.5 cup roasted peanuts chopped
- 1 roma tomato chopped
- 1 serrano chile fresh finely minced
- 1 tablespoon sugar white

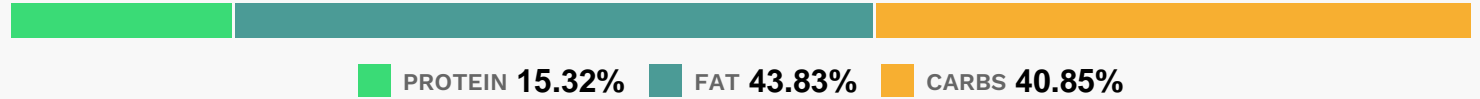
Equipment

- bowl

Directions

- Combine tomato, beans, cucumber, and papaya in a large bowl. Toss with garlic and chile pepper.
- Stir together lemon juice, lime juice, fish sauce, and sugar in a small bowl.
- Pour over papaya mixture and toss.
- Sprinkle peanuts and cilantro on top and serve.

Nutrition Facts



Properties

Glycemic Index:72.46, Glycemic Load:6.18, Inflammation Score:-8, Nutrition Score:13.979130485783%

Flavonoids

Eriodictyol: 0.69mg, Eriodictyol: 0.69mg, Eriodictyol: 0.69mg, Eriodictyol: 0.69mg Hesperetin: 2.43mg, Hesperetin: 2.43mg, Hesperetin: 2.43mg, Hesperetin: 2.43mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg

Nutrients (% of daily need)

Calories: 175.87kcal (8.79%), Fat: 9.39g (14.44%), Saturated Fat: 1.46g (9.14%), Carbohydrates: 19.68g (6.56%), Net Carbohydrates: 15.14g (5.51%), Sugar: 10.74g (11.93%), Cholesterol: 0mg (0%), Sodium: 795.74mg (34.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.38g (14.76%), Vitamin C: 50.39mg (61.08%), Manganese: 0.67mg (33.46%), Vitamin K: 29.12µg (27.73%), Vitamin A: 1057.19IU (21.14%), Magnesium: 81.07mg (20.27%), Folate: 77.46µg

(19.36%), Fiber: 4.54g (18.16%), Vitamin B3: 3.62mg (18.08%), Potassium: 530mg (15.14%), Copper: 0.25mg (12.69%), Vitamin B6: 0.25mg (12.4%), Phosphorus: 117.73mg (11.77%), Vitamin B1: 0.14mg (9.59%), Iron: 1.33mg (7.37%), Vitamin B5: 0.7mg (6.97%), Calcium: 66.06mg (6.61%), Vitamin B2: 0.11mg (6.34%), Zinc: 0.72mg (4.8%), Selenium: 3.09µg (4.42%), Vitamin E: 0.51mg (3.42%)