



Thai-Style Crab Salad in Papaya

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



4

CALORIES



102 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 teaspoons fish sauce
- 2 tablespoons cilantro leaves fresh chopped
- 0.5 cup bell pepper green chopped
- 4 lime wedges
- 0.5 pound lump crab meat picked over
- 0.5 cup bell pepper red chopped
- 0.3 cup rice vinegar (not seasoned)
- 0.5 teaspoon salt

- 1.5 teaspoons serrano chiles fresh minced (1; including seeds)
- 3 tablespoons sugar
- 2 tablespoons water

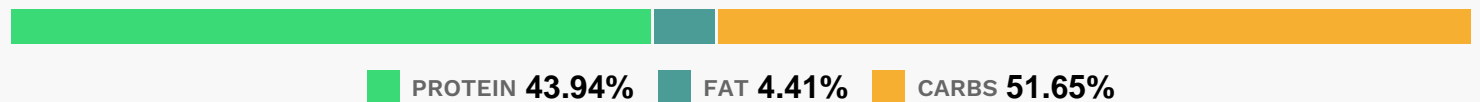
Equipment

- bowl
- whisk

Directions

- Whisk together vinegar, sugar, water, fish sauce, and salt in a bowl until sugar is dissolved.
- Add bell peppers, chile, cilantro, and crab and toss gently to combine.
- Serve crab salad mounded in papaya halves.

Nutrition Facts



Properties

Glycemic Index:56.52, Glycemic Load:7.02, Inflammation Score:-7, Nutrition Score:14.352608691091%

Flavonoids

Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 101.5kcal (5.07%), Fat: 0.5g (0.77%), Saturated Fat: 0.08g (0.48%), Carbohydrates: 13.12g (4.37%), Net Carbohydrates: 11.88g (4.32%), Sugar: 10.77g (11.97%), Cholesterol: 23.81mg (7.94%), Sodium: 1238.3mg (53.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.16g (22.32%), Vitamin B12: 5.13µg (85.53%), Vitamin C: 48.44mg (58.72%), Selenium: 21.41µg (30.59%), Copper: 0.56mg (27.87%), Zinc: 3.48mg (23.22%), Vitamin A: 695.91IU (13.92%), Phosphorus: 137.43mg (13.74%), Magnesium: 43.92mg (10.98%), Vitamin B6: 0.22mg (10.83%), Folate: 40.17µg (10.04%), Potassium: 227.09mg (6.49%), Vitamin B3: 1.08mg (5.42%), Fiber: 1.25g (4.98%), Manganese: 0.09mg (4.55%), Calcium: 39.44mg (3.94%), Iron: 0.65mg (3.64%), Vitamin B1: 0.05mg (3.45%), Vitamin B5: 0.32mg (3.25%), Vitamin B2: 0.06mg (3.24%), Vitamin K: 3.11µg (2.96%), Vitamin E: 0.41mg (2.75%)