



Thai-Style Crab Salad in Papaya

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



134 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 teaspoons asian fish sauce
- 2 tablespoons cilantro leaves fresh chopped
- 0.5 cup bell pepper green chopped
- 4 accompaniment: lime wedges
- 0.5 pound lump crab meat picked over
- 2 small papayas ripe halved lengthwise seeded
- 0.5 cup bell pepper red chopped
- 0.3 cup rice vinegar (not seasoned)

- 0.5 teaspoon salt
- 1.5 teaspoons serrano chile fresh minced (1; including seeds)
- 3 tablespoons sugar
- 2 tablespoons water

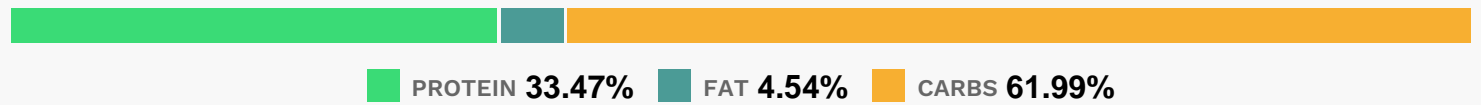
Equipment

- 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:71.21, Glycemic Load:11.08, Inflammation Score:-9, Nutrition Score:18.417826009833%

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 Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.04mg, Luteolin: 1.04mg, Luteolin: 1.04mg, Luteolin: 1.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 134.18kcal (6.71%), Fat: 0.7g (1.07%), Saturated Fat: 0.14g (0.87%), Carbohydrates: 21.33g (7.11%), Net Carbohydrates: 18.79g (6.83%), Sugar: 16.71g (18.57%), Cholesterol: 23.81mg (7.94%), Sodium: 1244.38mg (54.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.52g (23.04%), Vitamin C: 94.73mg (114.82%), Vitamin B12: 5.13µg (85.53%), Selenium: 21.87µg (31.24%), Copper: 0.59mg (29.58%), Vitamin A: 1417.91IU (28.36%), Zinc: 3.54mg (23.63%), Folate: 68.29µg (17.07%), Magnesium: 59.88mg (14.97%), Phosphorus: 145.03mg (14.5%), Vitamin B6: 0.25mg (12.27%), Potassium: 365.41mg (10.44%), Fiber: 2.54g (10.15%), Vitamin B3: 1.36mg (6.78%), Manganese:

0.12mg (6.07%), Calcium: 54.64mg (5.46%), Vitamin K: 5.08µg (4.84%), Vitamin B5: 0.47mg (4.7%), Iron: 0.84mg (4.69%), Vitamin B1: 0.07mg (4.61%), Vitamin B2: 0.08mg (4.45%), Vitamin E: 0.64mg (4.27%)