

# Green Papaya Salad (Som Tum)

Yield: 4 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/green-papaya-salad-recipe-indian-style>

## Ingredients:

- 1 pound green papaya Malakor
- 2 chiles fresh Thai hot
- 1 teaspoon minced garlic
- 1 cup long beans chopped, or fresh green beans
- 1 tablespoon roasted peanuts chopped
- 10 cherry tomatoes halved
- 1/3 cup shredded carrot
- 2 tablespoons chopped cilantro
- 1 teaspoon tamarind concentrate
- 3 tablespoons fresh lime juice
- 1 tablespoon fish sauce nam pla
- 2 tablespoons brown sugar or palm sugar

## Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 48 grams
3. Cholesterol: 5 milligrams
4. Fat: 3 grams
5. Fiber: 8 grams
6. Protein: 14 grams
7. SaturatedFat: 0.5 grams
8. Sodium: 460 milligrams
9. Sugar: 14 grams

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