

# Mexican Papaya Salad

Yield: 5 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-papaya-recipe>

## Ingredients:

- 1/4 cup red onion thinly sliced
- 3 handfuls arugula or other salad greens, or add some shredded cabbage
- 1/2 papaya large ripe, cubed, about 3–4 cups
- 1 cucumbers –2 small Turkish, sliced
- 1/4 cup cilantro
- 1/4 cup toasted coconut optional
- 1 tablespoon jalapeno thinly sliced, optional
- 3 tablespoons olive oil
- 1 tablespoon lime zest
- 4 tablespoons lime juice
- 2 tablespoons chopped cilantro
- 1 tablespoon scallion chopped, optional
- 2 teaspoons honey agave, or sugar
- 1/2 teaspoon coriander
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 pinch chili flakes or Aleppo, optional

## Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 11 grams
3. Fat: 11 grams
4. Fiber: 2 grams
5. Protein: 2 grams
6. SaturatedFat: 3.5 grams
7. Sodium: 125 milligrams
8. Sugar: 6 grams

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