

# STUFFED SALMON PAPAYA

Serves 2

|               |  |
|---------------|--|
| 1 (4 oz.) can | no added salt salmon, drained and skin removed |
| 1 Tbsp        | light mayonnaise                               |
| ½ tsp         | lemon juice                                    |
| ½ tsp         | curry powder                                   |
| 1             | green onion, finely chopped                    |
| ½ stalk       | celery, finely chopped                         |
| 1 Tbsp        | cilantro or parsley, finely chopped            |
| 1             | papaya, halved and seeds removed               |

1. Mix together first 7 ingredients.
2. Cut papaya in half (long ways) and scoop out seeds
3. Divide mixture evenly and stuff into centre of papaya halves.
4. Serve with a salad.

## Nutrition Facts

Serving Size 1/2 Stuffed Papaya  
(230g)  
Servings Per Container 2

Amount Per Serving

**Calories** 170    **Calories from Fat** 50

% Daily Value\*

|                               |            |
|-------------------------------|------------|
| <b>Total Fat</b> 6g           | <b>9%</b>  |
| Saturated Fat 1.5g            | <b>8%</b>  |
| Trans Fat 0g                  |            |
| <b>Cholesterol</b> 25mg       | <b>8%</b>  |
| <b>Sodium</b> 115mg           | <b>5%</b>  |
| <b>Total Carbohydrate</b> 16g | <b>5%</b>  |
| Dietary Fiber 3g              | <b>12%</b> |
| Sugars 10g                    |            |

**Protein** 13g

Vitamin A 40%    •    Vitamin C 160%

Calcium 20%    •    Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

|                    |           | Calories: 2,000 | 2,500   |
|--------------------|-----------|-----------------|---------|
| Total Fat          | Less than | 65g             | 80g     |
| Saturated Fat      | Less than | 20g             | 25g     |
| Cholesterol        | Less than | 300mg           | 300mg   |
| Sodium             | Less than | 2,400mg         | 2,400mg |
| Total Carbohydrate |           | 300g            | 375g    |
| Dietary Fiber      |           | 25g             | 30g     |

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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