

Recipe Name: Papaya Orange Pomegranate Salad
Recipe With Roasted Peanuts

Diet Type:

Course: Appetizer

Cuisine: Continental

Quantity:



Ingredients

Ingredient	Quantity
• 1 cup Papaya - peeled and diced into chunks	3
• 1/4 cup Fresh Pomegranate Fruit Kernels	
• 2 Oranges - peeled and diced	
• 1 Cucumber - peeled and diced or chopped	
• 1 teaspoon Honey	
• Salt and Pepper - to taste	
• 2 teaspoons Lemon juice - (add more if needed)	
• 1/4 cup Roasted Peanuts (Moongphali) - crushed or whole or halved	
• Chaat Masala Powder - (optional)	

Preparation

- To begin making Papaya Orange Pomegranate Salad Recipe With Roasted Peanuts, we will first prepare the fruits and keep them ready.
- In a large bowl add all the ingredients listed and give it a toss with a your fingers.
- Add the chaat masala if needed.
- Check f.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
220	4	35	10	4	25