



## Cactus, Chayote, and Green-Apple Salad



Gluten Free



Dairy Free

READY IN



1500 min.

SERVINGS



6

CALORIES



208 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 0.1 teaspoon rounded cayenne
- ☐ 2 chayotes peeled halved lengthwise cut into 1/4-inch-thick sticks (3 to 4 inches long) (1 pound total)
- ☐ 1 apples i use 2 granny smith apples cored unpeeled halved thinly sliced lengthwise
- ☐ 3 tablespoons juice of lime fresh
- ☐ 4 navel oranges
- ☐ 1 lb nopales fresh (prickly pear cactus paddles; 5; see cooks' note, below)
- ☐ 5 tablespoons olive oil

- ☐ 0.3 cup pumpkin seeds raw green hulled ()
- ☐ 0.3 teaspoon salt
- ☐ 2 scallions trimmed thinly sliced

## Equipment

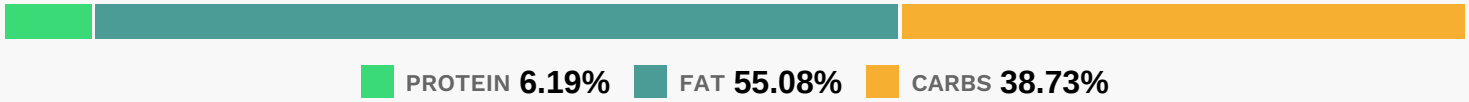
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ knife
- ☐ whisk
- ☐ pot
- ☐ slotted spoon
- ☐ colander
- ☐ peeler

## Directions

- ☐ Put 1 cactus paddle, flat side down, on a work surface. Scrape horizontally from narrow base of paddle toward wider end with a vegetable peeler or knife to cut off thorns and brown spots. Dethorn paddle on other side in same manner, then trim all around edge. Repeat with remaining paddles, then cut paddles crosswise into 1/4-inch-thick slices.
- ☐ Blanch cactus in a 6- to 8-quart pot of boiling salted water until just softened, about 1 minute. Immediately transfer with a slotted spoon to a bowl of ice and cold water to stop cooking.
- ☐ Drain in a colander and rinse under cold water. Pat dry, then transfer to a large bowl along with chayotes, apple, and scallions.
- ☐ Cut peel and all white pith from 3 oranges with a sharp knife. Working over bowl containing cactus mixture, cut segments free from membranes, letting segments fall into bowl. Squeeze juice from membranes and remaining orange into bowl, then add lime juice, salt, and pepper and toss.
- ☐ Let stand until chayotes are wilted, about 30 minutes.
- ☐ While salad stands, toast pumpkin seeds in 2 tablespoons oil in a 10-inch heavy skillet over moderately low heat, stirring frequently, until puffed and pale golden, 3 to 4 minutes.

- ☐
- Remove from heat and stir in cayenne. Cool seeds in oil in skillet.
- ☐
- Drain salad in a colander set over a bowl, then transfer juice to a 1-quart saucepan and boil until syrupy and reduced to about 1/3 cup, 4 to 5 minutes.
- ☐
- Remove from heat and whisk in remaining 3 tablespoons oil. Return salad to bowl and toss with dressing, pumpkin seeds with oil from skillet, and salt to taste.
- ☐
- If you can't find fresh nopales, use blanched thin green beans.

Nutrition Facts



Properties

Glycemic Index:24.17, Glycemic Load:1.25, Inflammation Score:-8, Nutrition Score:14.156521740167%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 21.08mg, Hesperetin: 21.08mg, Hesperetin: 21.08mg, Hesperetin: 21.08mg Naringenin: 6.66mg, Naringenin: 6.66mg, Naringenin: 6.66mg, Naringenin: 6.66mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg

Nutrients (% of daily need)

Calories: 208.36kcal (10.42%), Fat: 13.75g (21.15%), Saturated Fat: 1.97g (12.32%), Carbohydrates: 21.75g (7.25%), Net Carbohydrates: 16.19g (5.89%), Sugar: 12.96g (14.4%), Cholesterol: 0mg (0%), Sodium: 116.18mg (5.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.48g (6.95%), Vitamin C: 70.08mg (84.94%), Manganese: 0.64mg (32.1%), Fiber: 5.56g (22.25%), Vitamin K: 22.19µg (21.13%), Folate: 81.25µg (20.31%), Magnesium: 78.96mg (19.74%), Calcium: 179.4mg (17.94%), Potassium: 486.79mg (13.91%), Vitamin E: 2.06mg (13.71%), Vitamin A: 654.16IU (13.08%), Copper: 0.19mg (9.6%), Vitamin B6: 0.18mg (9.2%), Phosphorus: 91.38mg (9.14%), Vitamin B1: 0.1mg (6.84%), Iron: 1.21mg (6.7%), Vitamin B2: 0.11mg (6.44%), Zinc: 0.9mg (6.02%), Vitamin B3: 1.15mg (5.77%), Vitamin B5: 0.54mg (5.37%), Selenium: 0.99µg (1.41%)