



Chayote and Hearts-of-Palm Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



201 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 large rib celery thinly sliced
- ☐ 2 pound chayotes (also called mirlitons; 4 medium)
- ☐ 0.3 cup flat-leaf parsley leaves fresh
- ☐ 0.3 cup cilantro leaves fresh
- ☐ 1 garlic clove
- ☐ 28 ounce hearts of palm rinsed drained well canned (not salad-cut)
- ☐ 0.3 cup juice of lime fresh
- ☐ 0.3 cup olive oil extra-virgin

- ☐ 0.8 teaspoon salt
- ☐ 0.3 cup onion white finely chopped

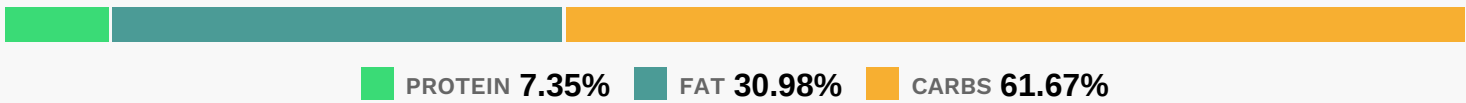
Equipment

- ☐ bowl
- ☐ knife
- ☐ whisk
- ☐ pot
- ☐ colander
- ☐ peeler

Directions

- ☐ Mince garlic and mash to a paste with 1/2 teaspoon salt using side of a large heavy knife.
- ☐ Whisk together lime juice, oil, and garlic paste in a large bowl, then add onion, tossing to coat.
- ☐ Halve chayotes lengthwise, then peel with a vegetable peeler and scoop out pits with a spoon.
- ☐ Cut chayotes crosswise into 1/3-inch-thick slices, then halve slices lengthwise to make 1/3-inch-thick sticks (sticks will not be uniform).
- ☐ Cook chayotes in a 4- to 6-quart pot of boiling salted water until crisp-tender, about 6 minutes.
- ☐ Drain well in a colander, then, while still hot, toss with dressing. Cool to room temperature.
- ☐ Cut hearts of palm diagonally into 1/4-inch-thick slices, then add to chayote mixture along with celery, parsley, cilantro, and remaining 1/4 teaspoon salt. Gently toss.
- ☐ Salad, without herbs, can be made 3 hours ahead and chilled, covered. Bring to room temperature and stir in herbs before serving.

Nutrition Facts



Properties

Glycemic Index:19.13, Glycemic Load:0.16, Inflammation Score:-6, Nutrition Score:17.235652260158%

Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg

Nutrients (% of daily need)

Calories: 200.82kcal (10.04%), Fat: 7.13g (10.97%), Saturated Fat: 1.02g (6.35%), Carbohydrates: 31.94g (10.65%), Net Carbohydrates: 28.3g (10.29%), Sugar: 19.28g (21.42%), Cholesterol: 0mg (0%), Sodium: 236.55mg (10.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.81g (7.61%), Potassium: 1968.59mg (56.25%), Vitamin K: 51.41µg (48.96%), Vitamin B6: 0.91mg (45.33%), Copper: 0.79mg (39.43%), Folate: 135.19µg (33.8%), Zinc: 4.59mg (30.59%), Vitamin C: 22.89mg (27.75%), Phosphorus: 164.16mg (16.42%), Fiber: 3.64g (14.56%), Vitamin B2: 0.22mg (12.81%), Iron: 2.29mg (12.72%), Manganese: 0.24mg (11.77%), Vitamin E: 1.65mg (11.03%), Vitamin B3: 1.48mg (7.42%), Magnesium: 26.14mg (6.54%), Vitamin A: 316.85IU (6.34%), Vitamin B1: 0.09mg (5.7%), Calcium: 44.11mg (4.41%), Vitamin B5: 0.31mg (3.14%), Selenium: 1.02µg (1.45%)