



Chayote and Sausage Stew



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



8

CALORIES



216 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 15 ounce black beans rinsed drained canned
- ☐ 15 ounce canned tomatoes diced canned
- ☐ 3 chayote squashes seeded chopped
- ☐ 1 teaspoon chili powder
- ☐ 1 cup regular corn frozen
- ☐ 3 cloves garlic minced
- ☐ 0.5 teaspoon ground thyme
- ☐ 2 mild sausage links to package directions and coin italian

- ☐ 2 jalapeño peppers diced seeded
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 1 onion chopped
- ☐ 8 servings salt and pepper to taste

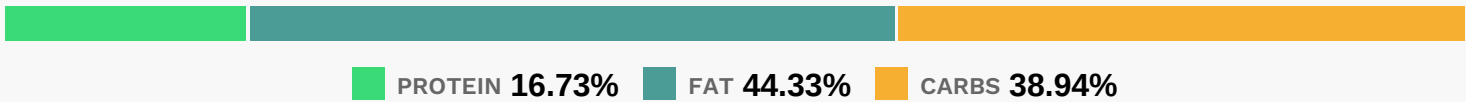
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan

Directions

- ☐ Place a large saucepan over medium-high heat; cook the sausage in the skillet until browned; remove the sausage to a plate lined with paper towels.
- ☐ Add the olive oil, onion, and garlic to the skillet; cook and stir until the onions are translucent, 3 to 5 minutes. Return the sausage to the pan along with the chayote squash and jalapeno peppers; cook and stir until the squash begins to soften, 10 to 15 minutes. Stir in the tomatoes, black beans, corn, thyme, and chili powder; season with salt and pepper. Cook until completely heated through, about 10 minutes more.

Nutrition Facts



Properties

Glycemic Index:19.38, Glycemic Load:1.57, Inflammation Score:-6, Nutrition Score:12.375217417012%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg

Nutrients (% of daily need)

Calories: 216.42kcal (10.82%), Fat: 11.12g (17.11%), Saturated Fat: 3.51g (21.97%), Carbohydrates: 21.99g (7.33%), Net Carbohydrates: 15.43g (5.61%), Sugar: 3.92g (4.35%), Cholesterol: 21.28mg (7.09%), Sodium: 679.79mg (29.56%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.44g (18.89%), Fiber: 6.56g (26.25%), Folate: 99.69µg (24.92%), Vitamin C: 17.73mg (21.5%), Vitamin B1: 0.32mg (21.19%), Manganese: 0.41mg (20.66%), Vitamin B6: 0.32mg (15.91%), Potassium: 551.52mg (15.76%), Copper: 0.31mg (15.33%), Phosphorus: 148.53mg (14.85%), Iron: 2.53mg (14.05%), Vitamin B3: 2.57mg (12.85%), Selenium: 8.51µg (12.16%), Magnesium: 48.39mg (12.1%), Vitamin B2: 0.18mg (10.65%), Zinc: 1.5mg (9.99%), Vitamin E: 1.2mg (8.03%), Vitamin K: 7.96µg (7.58%), Vitamin B5: 0.61mg (6.09%), Calcium: 58.72mg (5.87%), Vitamin A: 231.84IU (4.64%), Vitamin B12: 0.25µg (4.25%)