



Chayote Corn Soup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



122 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.8 lb chayote squash
- 0.3 cup feta cheese crumbled
- 1.5 cups corn kernels fresh
- 0.5 cup dehydrated masa flour (corn tortilla flour)
- 1 chili dried red such as chile de árbol hot (3 in.)
- 6 servings salt and pepper
- 2 cups pkt spinach chopped
- 18 squash blossoms (6 oz. total; optional)

1.5 quarts vegetable broth

Equipment

bowl

frying pan

ladle

Directions

In a covered 3- to 4-quart pan over high heat, bring 5 cups broth and chili to a boil.

Meanwhile, peel chayote and cut into 1/2-inch cubes (include edible seed). Gently rinse and drain blossoms. Leave baby squash stems (female flowers); if desired, trim off fuzzy stems (male flowers). Set aside 6 of the prettiest blossoms; chop the remainder.

Add chayote to boiling broth.

Mix masa flour with remaining 1 cup broth and stir into pan. Stir until boiling. Reduce heat to medium-low, cover, simmer, and stir occasionally, until chayote is tender when pierced, about 10 minutes.

Stir corn, spinach, and chopped squash blossoms into soup, turn heat to high, and cook until corn is hot, about 2 minutes.

Ladle soup into bowls and lay 1 blossom in each.

Add cheese, salt, and pepper to taste.

Nutrition Facts



PROTEIN 13.04% FAT 20.16% CARBS 66.8%

Properties

Glycemic Index:25.75, Glycemic Load:5.31, Inflammation Score:-8, Nutrition Score:11.122173919626%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 122.31kcal (6.12%), Fat: 2.96g (4.56%), Saturated Fat: 1.34g (8.38%), Carbohydrates: 22.1g (7.37%), Net Carbohydrates: 18.92g (6.88%), Sugar: 5.47g (6.08%), Cholesterol: 7.42mg (2.47%), Sodium: 1258.86mg (54.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.31g (8.63%), Vitamin K: 50.97µg (48.55%), Vitamin A: 1683.87IU (33.68%), Folate: 94.59µg (23.65%), Manganese: 0.32mg (16.19%), Phosphorus: 140.43mg (14.04%), Vitamin C: 11.35mg (13.75%), Fiber: 3.17g (12.7%), Magnesium: 45.41mg (11.35%), Vitamin B6: 0.18mg (8.77%), Vitamin B2: 0.14mg (8.47%), Calcium: 79.81mg (7.98%), Potassium: 278.36mg (7.95%), Zinc: 1.14mg (7.59%), Vitamin B1: 0.11mg (7.47%), Vitamin B3: 1.41mg (7.04%), Copper: 0.14mg (6.78%), Iron: 1mg (5.54%), Vitamin B5: 0.51mg (5.1%), Selenium: 2.93µg (4.18%), Vitamin E: 0.37mg (2.46%), Vitamin B12: 0.14µg (2.35%)