



Chayote Gratin

READY IN



45 min.

SERVINGS



12

CALORIES



38 kcal

SIDE DISH

Ingredients

- 1.5 teaspoons butter melted
- 0.3 cup celery finely chopped
- 2.3 pounds chayote squashes cubed peeled
- 1.3 teaspoons thyme leaves fresh chopped
- 0.3 cup bell pepper green finely chopped
- 0.5 teaspoon kosher salt
- 0.5 teaspoon olive oil
- 1 cup onion chopped
- 2 tablespoons parmesan cheese fresh grated

- 0.3 cup water
- 1 ounce bread whole wheat

Equipment

- food processor
- bowl
- frying pan
- oven
- sieve
- baking pan
- potato masher

Directions

- Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- Add chayote to pan; saut 10 minutes or until crisp-tender. Reduce heat to low; add 1/4 cup water. Cover and cook 10 minutes or until tender.
- Place chayote in a large bowl; mash with a potato masher.
- Drain chayote through a fine sieve for 30 minutes, reserving chayote pulp.
- Preheat oven to 35
- Heat oil in a large nonstick skillet coated with cooking spray over medium-high heat.
- Add onion, celery, pepper, and thyme to pan; saut 10 minutes or until vegetables are tender.
- Add chayote pulp and salt, stirring to combine. Spoon mixture into an 8-inch baking dish coated with cooking spray.
- Place bread in a food processor; pulse 10 times or until fine crumbs measure 1/2 cup.
- Combine crumbs and cheese in a small bowl; stir in butter.
- Sprinkle crumb mixture evenly over chayote mixture.
- Bake at 350 for 25 minutes or until golden.

Nutrition Facts



■ PROTEIN 14.38% ■ FAT 24.06% ■ CARBS 61.56%

Properties

Glycemic Index:21.72, Glycemic Load:0.92, Inflammation Score:-5, Nutrition Score:4.5343478023196%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg

Nutrients (% of daily need)

Calories: 37.84kcal (1.89%), Fat: 1.11g (1.71%), Saturated Fat: 0.53g (3.32%), Carbohydrates: 6.38g (2.13%), Net Carbohydrates: 4.45g (1.62%), Sugar: 2.19g (2.43%), Cholesterol: 1.91mg (0.64%), Sodium: 129.17mg (5.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.49g (2.98%), Folate: 83.86µg (20.96%), Vitamin C: 10.43mg (12.64%), Manganese: 0.24mg (11.92%), Fiber: 1.93g (7.72%), Copper: 0.12mg (6.01%), Zinc: 0.73mg (4.86%), Vitamin B6: 0.1mg (4.79%), Vitamin K: 4.73µg (4.5%), Potassium: 144.79mg (4.14%), Magnesium: 14.66mg (3.67%), Calcium: 33.6mg (3.36%), Phosphorus: 31.46mg (3.15%), Vitamin B3: 0.55mg (2.74%), Vitamin B1: 0.04mg (2.62%), Vitamin B5: 0.26mg (2.58%), Iron: 0.44mg (2.43%), Vitamin B2: 0.04mg (2.25%), Selenium: 1.05µg (1.5%), Vitamin E: 0.17mg (1.17%), Vitamin A: 53.3IU (1.07%)