

Chayote Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



10

CALORIES



66 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 chayote squashes peeled thinly sliced (a.k.a. Chocho, or Christophine)
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 10 servings salt and ground pepper fresh to taste
- ☐ 1 juice of lemon juiced
- ☐ 1 onion red thinly sliced
- ☐ 1 cup vegetable oil
- ☐ 0.3 cup citrus champagne vinegar
- ☐ 2 pasilla peppers yellow julienned

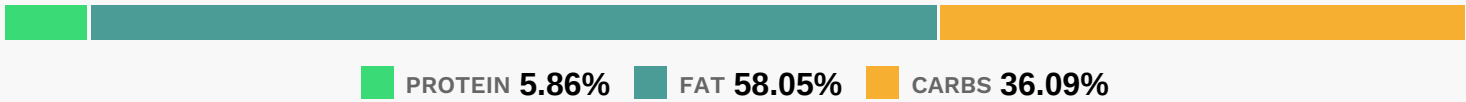
Equipment

☐ bowl

Directions

☐ Toss together in a bowl. Turn out onto a platter and sprinkle with more salt and pepper.;

Nutrition Facts



Properties

Glycemic Index:5.9, Glycemic Load:0.23, Inflammation Score:-5, Nutrition Score:6.9139130802258%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg

Nutrients (% of daily need)

Calories: 66.3kcal (3.32%), Fat: 4.53g (6.97%), Saturated Fat: 0.7g (4.38%), Carbohydrates: 6.34g (2.11%), Net Carbohydrates: 4.57g (1.66%), Sugar: 1.86g (2.07%), Cholesterol: 0mg (0%), Sodium: 196.98mg (8.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.03g (2.06%), Vitamin C: 51.88mg (62.89%), Folate: 82.78µg (20.7%), Vitamin K: 12.55µg (11.95%), Manganese: 0.2mg (9.85%), Fiber: 1.77g (7.07%), Copper: 0.13mg (6.46%), Vitamin B6: 0.12mg (5.77%), Potassium: 173.06mg (4.94%), Zinc: 0.65mg (4.34%), Magnesium: 13.99mg (3.5%), Vitamin E: 0.47mg (3.12%), Vitamin B3: 0.6mg (3.02%), Vitamin B5: 0.26mg (2.57%), Iron: 0.44mg (2.45%), Phosphorus: 24.07mg (2.41%), Vitamin B1: 0.03mg (2.17%), Calcium: 19.54mg (1.95%), Vitamin B2: 0.03mg (1.94%), Vitamin A: 74.99IU (1.5%)