



WHATSheATE



HEALTH SCORE

52%

Chayote Slaw



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



59 kcal

SIDE DISH

Ingredients

- ☐ 4 cups chayote squashes pitted (from 3 medium)
- ☐ 2 teaspoons cilantro leaves fresh chopped
- ☐ 1 tablespoon olive oil
- ☐ 1 poblano pepper
- ☐ 1 bell pepper red
- ☐ 0.3 cup sherry vinegar
- ☐ 2 teaspoons suya seasoning mix
- ☐ 1 bell pepper yellow

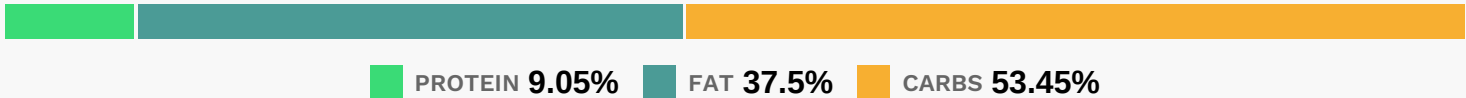
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ broiler
- ☐ ziploc bags

Directions

- ☐ Char chili and bell peppers over gas flame or in broiler until blackened on all sides. Enclose in plastic bag 10 minutes. Peel, seed and cut chili and peppers into matchstick-size strips.
- ☐ Heat 1 tablespoon oil in heavy large skillet over medium-high heat.
- ☐ Add chayote and sauté; just until crisp-tender, about 1 minute. Cool completely.
- ☐ Combine Sherry wine vinegar and 2 teaspoons Latin Spice
- ☐ Mix in medium bowl. Gradually whisk in 1/2 cup olive oil.
- ☐ Mix in fresh cilantro. Season vinaigrette to taste with salt and pepper.
- ☐ Combine chayote, chili and peppers in bowl. Toss with enough vinaigrette to coat. Season with salt and pepper. (Can be made 1 day ahead. Cover; refrigerate.)
- ☐ *A fresh green chili, often called a pasilla, available at Latin American markets and some supermarkets.
- ☐ **A squash-like, pear-shaped fruit similar in flavor to cucumber and often prepared like squash; available at Latin American markets and some supermarkets.

Nutrition Facts



Properties

Glycemic Index:13.17, Glycemic Load:0.33, Inflammation Score:-7, Nutrition Score:11.382173889357%

Flavonoids

Luteolin: 1.26mg, Luteolin: 1.26mg, Luteolin: 1.26mg, Luteolin: 1.26mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 58.71kcal (2.94%), Fat: 2.65g (4.08%), Saturated Fat: 0.4g (2.51%), Carbohydrates: 8.51g (2.84%), Net Carbohydrates: 5.38g (1.96%), Sugar: 2.84g (3.15%), Cholesterol: 0mg (0%), Sodium: 5.08mg (0.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.44g (2.88%), Vitamin C: 84.62mg (102.56%), Folate: 102.02µg (25.5%), Vitamin K: 17.77µg (16.92%), Manganese: 0.32mg (16.21%), Vitamin A: 764.23IU (15.28%), Fiber: 3.13g (12.51%), Vitamin B6: 0.22mg (10.98%), Copper: 0.16mg (7.89%), Vitamin E: 1.13mg (7.53%), Potassium: 254.68mg (7.28%), Iron: 1.22mg (6.78%), Magnesium: 22.28mg (5.57%), Zinc: 0.81mg (5.39%), Vitamin B3: 0.96mg (4.78%), Calcium: 47.59mg (4.76%), Vitamin B2: 0.06mg (3.62%), Vitamin B1: 0.05mg (3.5%), Vitamin B5: 0.35mg (3.5%), Phosphorus: 33.23mg (3.32%)