



Chayote Soup with Lemongrass and Ginger



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



63 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon ground pepper
- ☐ 2 chayote squashes cored rinsed peeled thinly sliced quartered
- ☐ 0.5 cinnamon sticks
- ☐ 1 piece ginger fresh sliced
- ☐ 0.5 teaspoon nutmeg
- ☐ 3 kaffir lime leaves fresh
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 stalk lemon grass fresh thinly sliced

- ☐ 7 cups chicken broth canned
- ☐ 0.8 cup parsley fresh italian chopped

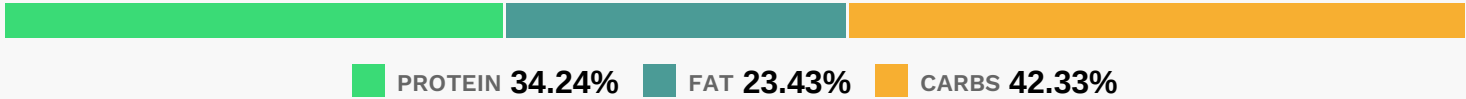
Equipment

- ☐ bowl
- ☐ pot
- ☐ sieve

Directions

- ☐ Combine first 7 ingredients in large pot. Bring to boil. Reduce heat and simmer 10 minutes to blend flavors. Strain liquid into bowl; return to same pot. Discard solids in strainer.
- ☐ Bring liquid in pot to boil.
- ☐ Add squash; reduce heat and simmer until squash are crisp-tender, about 7 minutes. Stir in lemon juice. (Can be made 6 hours ahead. Cover and chill. Rewarm over medium heat, if desired.) Stir in parsley.
- ☐ Serve soup hot or chilled.

Nutrition Facts



Properties

Glycemic Index:25.67, Glycemic Load:0.15, Inflammation Score:-6, Nutrition Score:11.300869509578%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 62.79kcal (3.14%), Fat: 1.89g (2.91%), Saturated Fat: 0.57g (3.57%), Carbohydrates: 7.7g (2.57%), Net Carbohydrates: 6.44g (2.34%), Sugar: 1.49g (1.66%), Cholesterol: 0mg (0%), Sodium: 88.16mg (3.83%), Alcohol: 0g (0%)

(100%), Alcohol %: 0% (100%), Protein: 6.23g (12.46%), Vitamin K: 124.96µg (119.01%), Vitamin C: 17.5mg (21.21%), Vitamin B3: 4.14mg (20.68%), Manganese: 0.29mg (14.35%), Folate: 56.59µg (14.15%), Vitamin A: 668.27IU (13.37%), Copper: 0.22mg (10.98%), Potassium: 370.24mg (10.58%), Phosphorus: 99.39mg (9.94%), Iron: 1.45mg (8.04%), Vitamin B2: 0.11mg (6.41%), Zinc: 0.76mg (5.05%), Fiber: 1.26g (5.05%), Vitamin B12: 0.28µg (4.59%), Vitamin B6: 0.08mg (3.95%), Magnesium: 15mg (3.75%), Calcium: 34.62mg (3.46%), Vitamin B5: 0.16mg (1.58%), Vitamin B1: 0.02mg (1.51%), Vitamin E: 0.16mg (1.06%)