

Chayote with Egg and Cheese



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



118 kcal

SIDE DISH

Ingredients

- ☐ 2 slices processed cheese food cut into pieces
- ☐ 1 tablespoon butter
- ☐ 2 eggs
- ☐ 4 servings salt and ground pepper black to taste
- ☐ 2 onions minced

Equipment

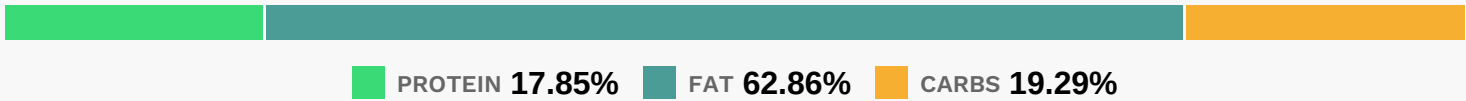
- ☐ frying pan
- ☐ oven

- ☐ pot
- ☐ baking pan

Directions

- ☐ Preheat an oven to 400 degrees F (200 degrees C).
- ☐ Place the chayote into a large pot and cover with salted water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until tender, about 15 minutes.
- ☐ Drain and chop the chayote. Set aside.
- ☐ Heat the butter in a skillet over medium heat. Stir in the onion; cook and stir until the onion has softened and turned translucent, about 5 minutes. Stir in the chopped chayote, and season with salt and pepper. Break the eggs over the chayote mixture, and reduce heat to low. Cook and stir until the eggs have set, 3 to 4 minutes.
- ☐ Transfer the mixture to a baking dish and top with American cheese.
- ☐ Bake in the preheated oven until the cheese has melted, about 5 minutes.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:1.25, Inflammation Score:-4, Nutrition Score:4.9899999939877%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg

Nutrients (% of daily need)

Calories: 117.76kcal (5.89%), Fat: 8.33g (12.81%), Saturated Fat: 4.41g (27.55%), Carbohydrates: 5.75g (1.92%), Net Carbohydrates: 4.79g (1.74%), Sugar: 2.65g (2.95%), Cholesterol: 99.86mg (33.29%), Sodium: 231.42mg (10.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.32g (10.64%), Calcium: 135.98mg (13.6%), Selenium: 9.19µg (13.13%), Phosphorus: 127.81mg (12.78%), Vitamin B2: 0.14mg (8.31%), Vitamin A: 307.14IU (6.14%), Vitamin B12: 0.36µg (5.99%), Vitamin B6: 0.11mg (5.47%), Folate: 21.75µg (5.44%), Vitamin C: 4.07mg (4.93%), Manganese: 0.09mg (4.71%), Vitamin B5: 0.45mg (4.52%), Zinc: 0.64mg (4.29%), Fiber: 0.96g (3.84%), Potassium: 126.69mg

(3.62%), Vitamin D: 0.5µg (3.35%), Iron: 0.58mg (3.21%), Magnesium: 11.11mg (2.78%), Vitamin E: 0.41mg (2.72%),
Vitamin B1: 0.04mg (2.4%), Copper: 0.04mg (2.17%)