



Chayote with Tomato and Green Chile



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



127 kcal

SIDE DISH

Ingredients

- ☐ 1 pound chayotes
- ☐ 6 ounces canned tomatoes whole fire roasted canned (can use tomatoes, or roast tomatoes on stovetop or under broiler until skin begins to blacken, do not remove skin but process)
- ☐ 1 clove garlic chopped
- ☐ 2 tablespoons olive oil extra virgin
- ☐ 2 tablespoons onion chopped
- ☐ 1 large anaheim chile green seeds removed and discarded), chopped
- ☐ 1 pinch chile pepper flakes red
- ☐ 0.3 cup water

- ☐ 4 servings salt to taste
- ☐ 0.3 cup cilantro leaves roughly chopped
- ☐ 0.3 cup monterrey jack cheese finely grated

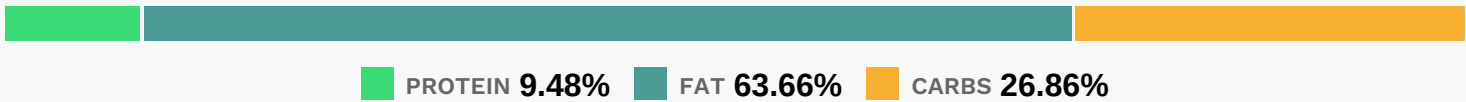
Equipment

- ☐ frying pan
- ☐ blender

Directions

- ☐ Peel and cut the chayotes: The peel is tough and inedible when cooked, so peel the chayotes completely. (This may take a little doing, as the folds in the chayotes can make it difficult.)
- ☐ Cut the chayotes into 1/4-inch wide, 2 inch long julienned strips, including the core.
- ☐ Purée the roasted tomatoes and the garlic in a blender, set aside.
- ☐ Sauté onions and green chiles, add tomato and chili flakes:
- ☐ Heat oil in a large skillet on medium heat.
- ☐ Add the chopped onion and green chiles. Cook on medium heat until just soft, about 3–4 minutes.
- ☐ Add the tomato mixture, red chile flakes, and continue to cook 3 minutes more.
- ☐ Add chayote, water, salt:
- ☐ Add the chayote, water, and salt to taste. Cover and cook, stirring occasionally for 15 minutes.
- ☐ Add the chopped cilantro and cook for 5 minutes more. The chayote should be just tender, moist but not watery.
- ☐ Sprinkle with grated cheese to serve.

Nutrition Facts



Properties

Glycemic Index:40.25, Glycemic Load:0.2, Inflammation Score:-5, Nutrition Score:6.6882608675438%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg

Nutrients (% of daily need)

Calories: 126.78kcal (6.34%), Fat: 9.3g (14.31%), Saturated Fat: 2.35g (14.69%), Carbohydrates: 8.83g (2.94%), Net Carbohydrates: 5.98g (2.17%), Sugar: 3.61g (4.01%), Cholesterol: 6.29mg (2.1%), Sodium: 352.23mg (15.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.12g (6.23%), Folate: 108.38µg (27.1%), Vitamin C: 12.41mg (15.04%), Manganese: 0.24mg (11.97%), Vitamin K: 12.21µg (11.63%), Fiber: 2.85g (11.4%), Calcium: 88.57mg (8.86%), Vitamin E: 1.19mg (7.94%), Copper: 0.15mg (7.55%), Zinc: 1.08mg (7.17%), Vitamin A: 294.44IU (5.89%), Phosphorus: 54.95mg (5.5%), Vitamin B6: 0.11mg (5.49%), Potassium: 163.9mg (4.68%), Magnesium: 16.67mg (4.17%), Iron: 0.75mg (4.17%), Vitamin B2: 0.06mg (3.79%), Vitamin B5: 0.31mg (3.14%), Vitamin B3: 0.56mg (2.82%), Vitamin B1: 0.03mg (2.27%), Selenium: 1.39µg (1.99%)