



55%  
HEALTH SCORE

## Chicken and Chayote

 **Gluten Free**  **Dairy Free**

READY IN



35 min.

SERVINGS



2

CALORIES



581 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 chayote squashes diced
- 2 cloves garlic minced
- 2 servings pepper black to taste
- 2 tablespoons olive oil
- 1 small onion diced
- 2 large potatoes diced
- 2 large chicken breast halves boneless skinless cut into cubes

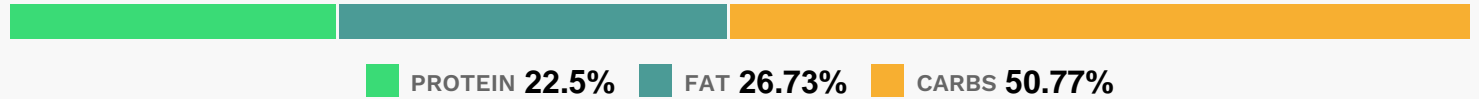
### Equipment

frying pan

## Directions

Heat the olive oil in a large skillet over medium heat; add the chicken, squash, potato, and onion; cook and stir 10 minutes. Stir in the garlic and cook until the potatoes are tender and the chicken is no longer pink in the center, 4 to 5 minutes more. Season with salt and pepper to serve.

## Nutrition Facts



## Properties

Glycemic Index:86.38, Glycemic Load:48.2, Inflammation Score:-8, Nutrition Score:35.592174110205%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 3.19mg, Kaempferol: 3.19mg, Kaempferol: 3.19mg, Kaempferol: 3.19mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 9.74mg, Quercetin: 9.74mg, Quercetin: 9.74mg, Quercetin: 9.74mg

## Nutrients (% of daily need)

Calories: 580.51kcal (29.03%), Fat: 17.48g (26.9%), Saturated Fat: 2.72g (17.03%), Carbohydrates: 74.74g (24.91%), Net Carbohydrates: 63.7g (23.16%), Sugar: 6.58g (7.32%), Cholesterol: 72.32mg (24.11%), Sodium: 158.07mg (6.87%), Alcohol: 0g (100%), Protein: 33.11g (66.22%), Vitamin C: 87.74mg (106.35%), Vitamin B6: 2.11mg (105.74%), Vitamin B3: 16.36mg (81.79%), Potassium: 2201.19mg (62.89%), Selenium: 38.14µg (54.48%), Phosphorus: 486.29mg (48.63%), Folate: 193.08µg (48.27%), Manganese: 0.94mg (46.95%), Fiber: 11.05g (44.18%), Magnesium: 134.51mg (33.63%), Vitamin B5: 3.09mg (30.93%), Copper: 0.62mg (30.77%), Vitamin B1: 0.42mg (28.18%), Iron: 3.96mg (21.99%), Vitamin K: 21.43µg (20.41%), Zinc: 2.8mg (18.65%), Vitamin B2: 0.28mg (16.61%), Vitamin E: 2.44mg (16.24%), Calcium: 86.43mg (8.64%), Vitamin B12: 0.23µg (3.77%)