



Creamed Chayote with Chives

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



211 kcal

SIDE DISH

Ingredients

- 2.5 pounds chayote squashes
- 2 tablespoons vegetable oil
- 1 cup cup heavy whipping cream
- 3 tablespoons chives fresh chopped

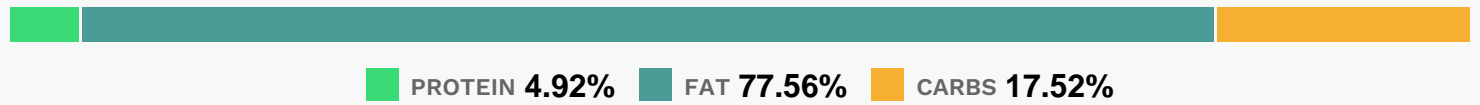
Equipment

- frying pan

Directions

- Cut each chayote lengthwise into 1/2-inch wedges and discard seed if necessary. In a 12-inch heavy skillet heat oil over moderate heat until hot but not smoking and cook chayotes, stirring occasionally, until crisp-tender, about 5 minutes.
- Add cream and simmer until chayotes are tender and cream is slightly thickened, about 3 minutes.
- Add chives and season with salt.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.01, Inflammation Score:-6, Nutrition Score:9.711739073629%

Flavonoids

Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 211.3kcal (10.57%), Fat: 19.11g (29.4%), Saturated Fat: 9.87g (61.69%), Carbohydrates: 9.72g (3.24%), Net Carbohydrates: 6.47g (2.35%), Sugar: 4.32g (4.8%), Cholesterol: 44.82mg (14.94%), Sodium: 14.53mg (0.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.73g (5.45%), Folate: 178.93µg (44.73%), Vitamin K: 20.55µg (19.57%), Vitamin C: 15.66mg (18.98%), Manganese: 0.36mg (18.16%), Fiber: 3.25g (13%), Vitamin A: 648.4IU (12.97%), Copper: 0.24mg (11.96%), Zinc: 1.5mg (10.01%), Vitamin B6: 0.16mg (7.98%), Potassium: 278.37mg (7.95%), Vitamin B2: 0.13mg (7.71%), Magnesium: 26.09mg (6.52%), Vitamin E: 0.97mg (6.44%), Calcium: 59.69mg (5.97%), Phosphorus: 57.9mg (5.79%), Vitamin B5: 0.58mg (5.77%), Vitamin B3: 0.92mg (4.62%), Vitamin D: 0.63µg (4.23%), Iron: 0.71mg (3.93%), Vitamin B1: 0.06mg (3.76%), Selenium: 1.58µg (2.26%), Vitamin B12: 0.06µg (1.06%)