



HEALTH SCORE

52%

Mirliton Relish



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



52 kcal

SIDE DISH

Ingredients

- ☐ 3.5 pounds chayote squashes peeled seeded cut into 1/3-inch dice (8 cups) (6 large)
- ☐ 1 cup bell pepper green chopped
- ☐ 1 cup spring onion thinly sliced (6)
- ☐ 2 teaspoons hot sauce hot
- ☐ 1 cup bell pepper red chopped
- ☐ 1.5 cups onion red chopped
- ☐ 6 tablespoons vinegar white

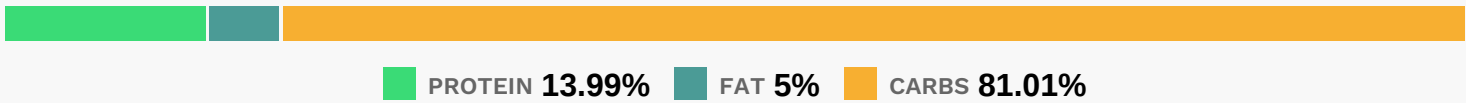
Equipment

☐ bowl

Directions

- ☐ Combine all ingredients in large bowl; toss to blend. Season generously with salt and pepper. Cover and chill at least 2 hours, tossing occasionally. (Can be prepared 8 hours ahead. Keep refrigerated.)
- ☐ Use rubber gloves when peeling chayote squash because the uncooked vegetable leaves a chalky, sticky residue that is difficult to wash off.

Nutrition Facts



Properties

Glycemic Index:15.1, Glycemic Load:0.88, Inflammation Score:-7, Nutrition Score:11.307826106963%

Flavonoids

Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.3mg, Quercetin: 6.3mg, Quercetin: 6.3mg, Quercetin: 6.3mg

Nutrients (% of daily need)

Calories: 51.63kcal (2.58%), Fat: 0.32g (0.5%), Saturated Fat: 0.08g (0.47%), Carbohydrates: 11.74g (3.91%), Net Carbohydrates: 7.81g (2.84%), Sugar: 4.88g (5.43%), Cholesterol: 0mg (0%), Sodium: 28.11mg (1.22%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 2.03g (4.06%), Vitamin C: 47.53mg (57.61%), Folate: 167µg (41.75%), Vitamin K: 29.16µg (27.77%), Manganese: 0.39mg (19.38%), Fiber: 3.94g (15.74%), Vitamin A: 623.13IU (12.46%), Vitamin B6: 0.23mg (11.68%), Copper: 0.23mg (11.3%), Potassium: 319.94mg (9.14%), Zinc: 1.31mg (8.75%), Magnesium: 26.86mg (6.72%), Vitamin B3: 1.05mg (5.23%), Vitamin B5: 0.5mg (4.95%), Vitamin B1: 0.07mg (4.87%), Iron: 0.86mg (4.78%), Phosphorus: 46.56mg (4.66%), Vitamin B2: 0.08mg (4.59%), Calcium: 42.88mg (4.29%), Vitamin E: 0.54mg (3.61%)