



## Roasted Chayote and Red Pepper Salad with Tangerine Dressing

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



240 min.

SERVINGS



4

CALORIES



74 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 serrano chiles fresh seeded finely chopped
- 2 medium chayote squashes peeled halved lengthwise seeded (1 pound total)
- 2 spring onion chopped
- 2 heads boston lettuce
- 5 tablespoons tangerine juice fresh
- 0.8 pound bell pepper red quartered
- 1 teaspoon sherry vinegar

2 teaspoons olive oil

## Equipment

bowl

oven

whisk

baking pan

## Directions

Preheat oven to 450°F.

Whisk together scallions, chile, juice, oil, and vinegar in a large bowl and season with salt and pepper.

Cut chayote halves lengthwise into 1/4-inch-thick slices and arrange in 1 layer in two thirds of a lightly oiled shallow baking pan. Put bell pepper quarters, skin sides up, in other third of pan. Roast in middle of oven, uncovered, until chayote is browned in spots and bell pepper skins are blistered, about 30 minutes. Immediately add chayote to dressing and toss to coat.

Transfer hot bell peppers to a small bowl. Cover and let stand 10 minutes, then peel.

Cut bell peppers into 1/4-inch-thick strips and add to chayote with any pepper juices accumulated in bowl.

Add lettuce and toss to coat.

· Chayote and bell peppers can be roasted and dressed 1 hour ahead and kept at room temperature.

Add lettuce just before serving.

Each serving about 82 calories and 4 grams fat.

Gourmet

## Nutrition Facts



PROTEIN 13.01%  FAT 27.8%  CARBS 59.19%

## Properties

Glycemic Index:16, Glycemic Load:1.16, Inflammation Score:-10, Nutrition Score:21.556521524554%

## Flavonoids

Hesperetin: 3.16mg, Hesperetin: 3.16mg, Hesperetin: 3.16mg, Hesperetin: 3.16mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 3.35mg, Quercetin: 3.35mg, Quercetin: 3.35mg

## Nutrients (% of daily need)

Calories: 73.51kcal (3.68%), Fat: 2.58g (3.96%), Saturated Fat: 0.38g (2.35%), Carbohydrates: 12.33g (4.11%), Net Carbohydrates: 8.28g (3.01%), Sugar: 7.46g (8.29%), Cholesterol: 0mg (0%), Sodium: 10.23mg (0.44%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 2.71g (5.42%), Vitamin C: 124.2mg (150.55%), Vitamin A: 5482.79IU (109.66%), Vitamin K: 104.05µg (99.09%), Folate: 165.11µg (41.28%), Manganese: 0.39mg (19.28%), Vitamin B6: 0.38mg (19.17%), Fiber: 4.05g (16.21%), Potassium: 510.47mg (14.58%), Vitamin E: 1.92mg (12.83%), Iron: 1.76mg (9.76%), Vitamin B2: 0.15mg (8.92%), Vitamin B1: 0.12mg (8.24%), Magnesium: 31.78mg (7.94%), Vitamin B3: 1.51mg (7.53%), Phosphorus: 66.4mg (6.64%), Copper: 0.12mg (6.02%), Zinc: 0.9mg (5.98%), Vitamin B5: 0.59mg (5.87%), Calcium: 53.61mg (5.36%), Selenium: 0.77µg (1.1%)