



 **58%**  
HEALTH SCORE

## Seaside-Stuffed Mirlitons (Chayote)

 Vegetarian  Vegan  Dairy Free

READY IN



105 min.

SERVINGS



4

CALORIES



219 kcal

SIDE DISH

### Ingredients

- 1 carrots minced
- 0.5 cup savory vegetable minced (use a food processor to chop all vegetables quickly)
- 2 teaspoons cornstarch
- 1 tablespoons old bay seasoning to taste
- 0.5 bell pepper green minced
- 1 large onion chopped
- 0.5 cup breadcrumbs toasted
- 0.3 cup parsley chopped

- 4 servings salt and pepper to taste
- 14 oz spicy tofu firm (not silken)
- 2 slices bread whole wheat

## Equipment

- bowl
- frying pan
- oven
- baking pan
- melon baller

## Directions

- Remove from the water and set aside to cool. Preheat oven to 400F. Once the mirlitons are cool enough to handle, cut them in half lengthwise (cutting through the widest side) and remove the seed. Use a grapefruit spoon or melon baller to remove the flesh from the center; be sure to keep the shell about 1/4-inch thick on all sides. In a large bowl, mash the mirliton pulp and set it aside. Mash the tofu and add it to the mirliton pulp. In a non-stick skillet lightly sprayed with olive oil, sauté the onion until it begins to brown.
- Add the celery, carrot, and pepper and cook for 3 more minutes.
- Add the sautéed vegetables to the tofu-mirliton mixture. Stir in the parsley, breadcrumbs, Old Bay seasoning, wakame (sea vegetable), and corn starch.
- Add salt to taste.
- Sprinkle the mirliton shells with salt and pepper, if desired, and stuff them with the tofu mixture, piling the mixture above the top of each mirliton.
- Sprinkle the tops with panko or dried bread crumbs, pressing it in lightly.
- Place them in a large baking dish and put them in the oven.
- Bake for about 30-40 minutes, until tops are lightly browned.
- Serve with tartar sauce or spicy cocktail sauce. (Tartar sauce is easily made with vegan mayo and sweet relish; make cocktail sauce using ketchup, prepared horseradish, and hot sauce, to taste.)

## Nutrition Facts

PROTEIN **25.08%** FAT **23.78%** CARBS **51.14%**

## Properties

Glycemic Index:61.38, Glycemic Load:6.15, Inflammation Score:-10, Nutrition Score:16.49391290675%

## Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 7.98mg, Quercetin: 7.98mg, Quercetin: 7.98mg, Quercetin: 7.98mg

## Nutrients (% of daily need)

Calories: 219.25kcal (10.96%), Fat: 5.9g (9.08%), Saturated Fat: 0.85g (5.32%), Carbohydrates: 28.56g (9.52%), Net Carbohydrates: 23.84g (8.67%), Sugar: 4.48g (4.98%), Cholesterol: 0mg (0%), Sodium: 385.2mg (16.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14g (28.01%), Vitamin A: 4101.34IU (82.03%), Vitamin K: 74.8µg (71.24%), Manganese: 0.64mg (32.12%), Vitamin C: 23.11mg (28.01%), Calcium: 207.66mg (20.77%), Fiber: 4.71g (18.86%), Iron: 3.18mg (17.69%), Vitamin B1: 0.25mg (16.98%), Folate: 45.51µg (11.38%), Vitamin B3: 2.14mg (10.72%), Selenium: 7.41µg (10.59%), Vitamin B6: 0.18mg (9.22%), Phosphorus: 88.58mg (8.86%), Magnesium: 33.26mg (8.32%), Potassium: 266.96mg (7.63%), Vitamin B2: 0.13mg (7.39%), Copper: 0.13mg (6.66%), Zinc: 0.74mg (4.91%), Vitamin B5: 0.33mg (3.25%), Vitamin E: 0.29mg (1.94%)