



# Chayote

## Health Benefits of Chayote

This fruit in the squash family has the mildness of zucchini with the crunch of a cucumber. All parts are edible including skin and seed. Chayote can be used as a fruit or a vegetable, raw or cooked.

### 1 cup raw chayote provides:

- 25 calories, 1 gm protein, 2 gm fiber, no fat, no cholesterol

### Potential benefits of chayote:

- Excellent source of antioxidants including vitamin C and quercetin that fight inflammation and boost immunity and healing
- High in folate which prevents birth defects, regulates DNA and homocysteine and reduces risk of heart disease
- Good source of manganese and vitamin K important for healthy bone formation, blood clotting and blood sugar regulation
- Rich in potassium and low in sodium for healthy blood pressure
- Fiber helps lower blood sugars and cholesterol, and aids in weight management and supports a healthy microbiome
- Dice raw with skins and seeds for salad, slaw, salsa or sandwiches, steam, sauté or roast like squash, or toss in soups or stews



Brought to you by the Coos County Food and Nutrition Group, Advanced Health and OSU Extension Family and Community Health.



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