

CHAYOTE SQUASH



The word for chayote in Brazil is "chuchu," which is also an affectionate name for someone such as "cutie" or "sweetie."

PRODUCE PARTICULARS

Pronounced Ch-eye-oh-tay, this squash is native to Central America.

Chayote is excellent source of vitamin B9 and a good source of vitamin C.

Although we typically eat the fruit, chayote stems, shoots, leaves and tuber roots can be eaten, too. A versatile plant!



Nutrition Facts

1 serving per container
Serving size 100 g

Amount per serving
Calories 20

% Daily Value *

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 5g 2%

Dietary Fiber 2g 6%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 20mg 2%

Iron 0.3mg 2%

Potassium 120mg 2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Chayote, Fruit, Raw

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