



Autumn Succotash



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



126 kcal

SIDE DISH

Ingredients

- ☐ 2 cups baby lima beans fresh frozen thawed
- ☐ 1 pound corn kernels frozen thawed
- ☐ 0.3 cup parsley fresh italian chopped
- ☐ 1 shallots finely chopped
- ☐ 2 ounces bacon thick-cut chopped
- ☐ 0.3 cup water

Equipment

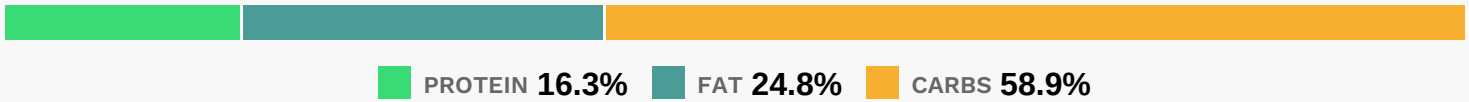
- ☐ bowl

☐ frying pan

Directions

- ☐ Heat heavy large skillet over medium-high heat.
- ☐ Add bacon and sauté until fat begins to render, about 1 minute.
- ☐ Add shallot and sauté until bacon and shallot begin to brown, about 3 minutes.
- ☐ Add edamame, corn, and 1/4 cup water and cook until vegetables are tender, about 5 minutes.
- ☐ Transfer to bowl and sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:7.75, Glycemic Load:0.15, Inflammation Score:-5, Nutrition Score:8.4978261564089%

Flavonoids

Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 126.43kcal (6.32%), Fat: 3.67g (5.64%), Saturated Fat: 1.12g (6.98%), Carbohydrates: 19.6g (6.53%), Net Carbohydrates: 15.89g (5.78%), Sugar: 3.52g (3.91%), Cholesterol: 4.68mg (1.56%), Sodium: 172.68mg (7.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.43g (10.85%), Manganese: 0.65mg (32.36%), Vitamin K: 33.6µg (32%), Fiber: 3.71g (14.83%), Magnesium: 43.56mg (10.89%), Potassium: 369.05mg (10.54%), Vitamin C: 8.25mg (10%), Phosphorus: 98.4mg (9.84%), Folate: 36.72µg (9.18%), Copper: 0.17mg (8.36%), Iron: 1.45mg (8.06%), Vitamin B1: 0.11mg (7.18%), Vitamin B6: 0.14mg (7.01%), Vitamin B3: 1.36mg (6.78%), Vitamin A: 324.08IU (6.48%), Vitamin B2: 0.1mg (6.02%), Zinc: 0.66mg (4.39%), Selenium: 2.71µg (3.88%), Vitamin B5: 0.37mg (3.74%), Calcium: 20.58mg (2.06%), Vitamin E: 0.16mg (1.07%)