



Autumn Succotash with Gruyère Grits

 Gluten Free

READY IN



44 min.

SERVINGS



8

CALORIES



341 kcal

SIDE DISH

Ingredients

- ☐ 10 ounce baby lima beans thawed
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 tablespoons butter
- ☐ 16 ounce kernel corn whole frozen thawed
- ☐ 1 large fennel bulb cut into thin 2
- ☐ 0.3 cup flat-leaf parsley chopped
- ☐ 2 garlic cloves minced
- ☐ 8 servings gruyère grits

- ☐ 0.5 cup heavy whipping cream
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 medium onion cut into 1/4
- ☐ 1 cup plum tomatoes chopped
- ☐ 1 large bell pepper red cut into thin 2
- ☐ 1 teaspoon salt
- ☐ 1 large bell pepper yellow cut into thin 2

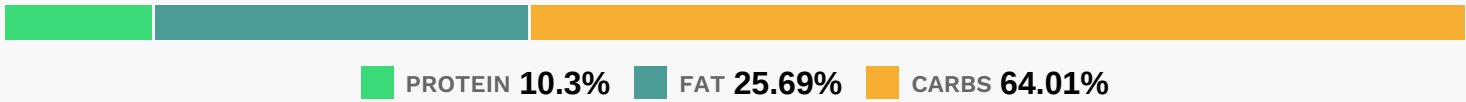
Equipment

- ☐ frying pan

Directions

- ☐ Melt butter in a large nonstick skillet over medium heat.
- ☐ Add fennel, onion, and garlic; cook 9 to 11 minutes or until lightly browned, stirring often.
- ☐ Add peppers; cook 10 minutes, stirring occasionally.
- ☐ Add corn, lima beans, and whipping cream; cook 5 minutes or until thoroughly heated, stirring often.
- ☐ Remove from heat; stir in parsley and next 3 ingredients.
- ☐ Serve over Gruyere Grits.
- ☐ Sprinkle with chopped tomato.

Nutrition Facts



Properties

Glycemic Index:29.5, Glycemic Load:1.51, Inflammation Score:-9, Nutrition Score:18.288695826479%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.39mg

Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 3.35mg, Quercetin: 3.35mg, Quercetin: 3.35mg

Nutrients (% of daily need)

Calories: 340.63kcal (17.03%), Fat: 9.86g (15.17%), Saturated Fat: 4.28g (26.77%), Carbohydrates: 55.28g (18.43%), Net Carbohydrates: 50.5g (18.36%), Sugar: 4.76g (5.29%), Cholesterol: 16.81mg (5.6%), Sodium: 446.65mg (19.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.89g (17.79%), Vitamin C: 87.13mg (105.61%), Vitamin K: 65.77µg (62.64%), Manganese: 0.71mg (35.4%), Vitamin A: 1720.44IU (34.41%), Fiber: 4.78g (19.11%), Potassium: 663.04mg (18.94%), Folate: 63.25µg (15.81%), Magnesium: 60.87mg (15.22%), Vitamin B6: 0.3mg (14.88%), Phosphorus: 146.93mg (14.69%), Selenium: 8.27µg (11.81%), Copper: 0.24mg (11.77%), Iron: 2.1mg (11.67%), Vitamin B3: 2.12mg (10.59%), Vitamin B1: 0.15mg (10.31%), Vitamin B2: 0.13mg (7.85%), Vitamin E: 0.98mg (6.51%), Zinc: 0.9mg (5.98%), Vitamin B5: 0.56mg (5.57%), Calcium: 54.33mg (5.43%), Vitamin D: 0.24µg (1.59%)