



Baby Lima Beans and Corn in Chive Cream

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



235 kcal

SIDE DISH

Ingredients

- ☐ 4 bacon
- ☐ 0.3 teaspoon pepper black
- ☐ 10 oz corn kernels frozen
- ☐ 2 tablespoons chives fresh chopped
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 10 oz baby lima beans frozen
- ☐ 1 bell pepper green
- ☐ 0.5 cup heavy cream

- ☐ 1 medium onion chopped
- ☐ 0.5 teaspoon salt
- ☐ 1 cup water

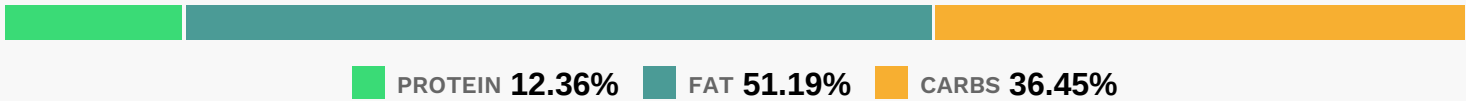
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ slotted spoon

Directions

- ☐ Cook bacon in a 10-inch nonstick skillet over moderate heat, stirring occasionally, until crisp.
- ☐ Transfer bacon with a slotted spoon to paper towels to drain, then cook onion and bell pepper in fat in skillet over moderate heat, stirring frequently, until vegetables are softened, 5 to 6 minutes.
- ☐ Add lima beans, corn, water, salt, and pepper, then simmer, covered, until vegetables are tender, about 8 minutes. Increase heat to high and add cream, then boil, uncovered, until liquid is reduced by half, 7 to 10 minutes. Stir in herbs and salt to taste.
- ☐ Serve sprinkled with bacon.

Nutrition Facts



Properties

Glycemic Index:24.33, Glycemic Load:0.46, Inflammation Score:-6, Nutrition Score:9.320000005805%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg Isorhamnetin: 0.99mg, Isorhamnetin: 0.99mg, Isorhamnetin: 0.99mg, Isorhamnetin: 0.99mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg

Nutrients (% of daily need)

Calories: 234.67kcal (11.73%), Fat: 13.83g (21.28%), Saturated Fat: 6.7g (41.87%), Carbohydrates: 22.16g (7.39%), Net Carbohydrates: 17.66g (6.42%), Sugar: 3.95g (4.39%), Cholesterol: 32.09mg (10.7%), Sodium: 421.39mg (18.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.52g (15.03%), Vitamin C: 23.57mg (28.57%), Manganese: 0.45mg (22.56%), Fiber: 4.5g (17.99%), Vitamin K: 15.38µg (14.64%), Vitamin A: 581.44IU (11.63%), Phosphorus: 113.88mg (11.39%), Potassium: 393.09mg (11.23%), Vitamin B6: 0.21mg (10.38%), Folate: 39.05µg (9.76%), Magnesium: 38.03mg (9.51%), Vitamin B1: 0.14mg (9.13%), Vitamin B3: 1.69mg (8.46%), Vitamin B2: 0.14mg (8.18%), Iron: 1.42mg (7.92%), Selenium: 4.92µg (7.04%), Copper: 0.11mg (5.74%), Zinc: 0.74mg (4.96%), Vitamin B5: 0.44mg (4.37%), Calcium: 41.49mg (4.15%), Vitamin D: 0.38µg (2.51%), Vitamin E: 0.37mg (2.49%), Vitamin B12: 0.11µg (1.75%)