



food
network

Barbecued Corn Succotash



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



243 kcal

SIDE DISH

Ingredients

- ☐ 6 slices smoky bacon thick-cut chopped
- ☐ 8 ounce tomato sauce canned
- ☐ 3 tablespoons cider vinegar
- ☐ 3 tablespoons brown sugar dark
- ☐ 6 to 8 ears corn
- ☐ 2 cups edamame shelled
- ☐ 3 cloves garlic sliced chopped
- ☐ 1 to 2 jalapeño peppers seeded chopped

- ☐ 1 tablespoon olive oil
- ☐ 1 bell pepper red seeded chopped
- ☐ 8 servings scallions
- ☐ 8 servings sriracha
- ☐ 1 cup turkey stock
- ☐ 3 tablespoons worcestershire sauce
- ☐ 1 large onion red yellow chopped

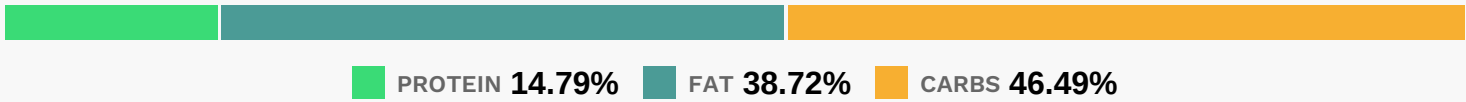
Equipment

- ☐ frying pan

Directions

- ☐ Heat a large skillet over medium-high heat.
- ☐ Heat the oil and add the bacon. Cook until crisp, 2 to 3 minutes, and then add corn, letting the sugars develop and caramelize at the edges.
- ☐ Add the garlic, onions, bell peppers and jalapenos, and cook 2 to 3 minutes to soften.
- ☐ Add the stock, sugar, vinegar, Worcestershire and tomato sauce. Simmer to thicken the sauce, then add the edamame and stir in Sriracha to taste. Reduce the heat to low until ready to serve, adding a little more stock or water if the dish gets too thick.
- ☐ Garnish with scallions to serve.

Nutrition Facts



Properties

Glycemic Index:29.75, Glycemic Load:1.3, Inflammation Score:-7, Nutrition Score:10.900000025397%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.59mg, Quercetin: 4.59mg, Quercetin: 4.59mg, Quercetin: 4.59mg

Nutrients (% of daily need)

Calories: 243.45kcal (12.17%), Fat: 10.97g (16.88%), Saturated Fat: 2.78g (17.39%), Carbohydrates: 29.65g (9.88%), Net Carbohydrates: 25.52g (9.28%), Sugar: 13.37g (14.86%), Cholesterol: 11.78mg (3.93%), Sodium: 385.66mg (16.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.43g (18.86%), Vitamin C: 31.52mg (38.21%), Potassium: 642.59mg (18.36%), Fiber: 4.13g (16.54%), Vitamin A: 806.07IU (16.12%), Vitamin K: 15.74µg (14.99%), Vitamin B3: 2.89mg (14.43%), Iron: 2.36mg (13.11%), Vitamin B1: 0.19mg (12.98%), Vitamin B6: 0.25mg (12.26%), Folate: 47.69µg (11.92%), Phosphorus: 117.64mg (11.76%), Manganese: 0.23mg (11.5%), Magnesium: 39.31mg (9.83%), Vitamin B5: 0.76mg (7.56%), Vitamin E: 1.13mg (7.52%), Vitamin B2: 0.13mg (7.49%), Selenium: 4.95µg (7.06%), Copper: 0.13mg (6.31%), Calcium: 60.43mg (6.04%), Zinc: 0.73mg (4.89%), Vitamin B12: 0.08µg (1.38%)